

Front Porch

Distributed to the Stapleton, Park Hill, Lowry, Montclair, Mayfair, Hale and East Colfax neighborhoods

DENVER, COLORADO

NOVEMBER 2011

STAPLETON



Photo by Adrian Dilibardo

New I-70 Interchange Opens at Central Park Blvd.

The new highway interchange, which Mayor Hancock called the eastern gateway to Denver, will relieve congestion on Quebec, create a north-south arterial that connects Stapleton north and south of the highway,

and offer direct access to the Shops at Northfield from I-70. Above, Mayor Hancock speaks at the ribbon-cutting ceremony. On the stage, left to right, are Federal Highway Administrator Victor Mendez; Col-

orado State Representative Angela Williams; Former Denver Mayor Bill Vidal; Stapleton Development Corporation President and CEO Cheryl Cohen-Vader; and Manager of Denver Public Works George Delaney.

By Jon Meredith

The \$50 million interchange connecting I-70 and Central Park Blvd. opened during the last week of October. The overpass was the site of a formal rib-

bon-cutting ceremony on Monday, October 24 at which local and national dignitaries spoke about the significance of the interchange. Traffic can now exit I-70 and go north to Northfield and south to E. 40th Ave. (and from there east to

Havana). The bridge over Sand Creek and the Union Pacific railroad tracks is expected to open in April, completing the project and giving central Stapleton direct access to I-70 and Northfield. *(continued on page 26)*

Blair-Caldwell Hosts "Freedom Riders" 400 Americans Who Risked Violence for Civil Rights



John Lewis, currently a Representative to the US Congress from Georgia, participated in the Freedom Rides and was severely beaten and jailed.

their democratic rights and freedoms. *(continued on p. 27)*

By Judith Schwartz

Instantaneous images of ordinary people fighting for freedom in the Arab world fill our TV, iPad and iPhone screens and we view horrendously violent acts by governments against their people who seek civil rights.

Flash back to 1961, in our country more than 400 Americans, young and old, every color, secular and religious, Northern and Southern, risked their lives and were subjected to extreme violence, sometimes government-sponsored, to achieve

Halloween Decor at its Scariest



The creator of this Halloween display, Patrick Dizon, says he changes it up every year. See story on page 3.

Photo by Adrian Dilibardo

Printed with soy-based ink. Paper contains 40% postconsumer waste.

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The Novella Apartments are being built at Syracuse St. and MLK Blvd. The first phase of construction includes 85 of the 220 units planned for the final development. 1 and 2 bed-room apartments will be available with leases expected to range from \$1,050 to \$1,350.



Photo by Adrian Dubaldo

CALENDAR

Nearby events that are FREE and OPEN TO THE PUBLIC or are nonprofit.
(Additional events are listed on pages 16-20. Recurring events are listed on page 16.)

NOVEMBER

Every Sunday

Nature Movie, 1pm, families welcome
Rocky Mtn. Arsenal Nat'l Wildlife Refuge
(see page 17 for more weekly activities)

November 1-30

Santa Claus Shop New Toy Drive
Drop off new toys at King Soopers stores
More info, online donations at <http://www.denversantaclausshop.org>

Tuesday, November 1

SUN Inclusivity Committee Meeting, 7pm
Central Park Recreation Center*
melissakaythompson@msn.com

Tuesday, November 1

Election Day—Mailed ballots must be received by Nov. 1. At-large school board and ballot issues for Denver sick leave and state education tax

Tuesday, November 1 & Tuesday, December 6

Children's Museum, Target Tuesdays
1st Tuesday nights free, 4-8pm, cmdenver.org

Friday, November 4-Saturday, November 12

5th Annual Denver Arts Week
www.denver.org/denverartsweek
(More information on page 18)

Saturday, November 5

Neighborhood Partners Environmental Team
9am-12pm. Clean up Westerly Creek, meet @ 26th and Beeler. Bring rubber boots if available.
Bagels by Einsteins. Lcorrell@dotnet.net, CFry@Sandcreekgreenway.org

Saturday, November 5

Home for the Holidays 5K, 9-11am
Denver City Park, www.homefortheholidays.org

Saturday, November 5 & December 3

Denver Art Museum - SCFD Free Day
720-865-5000 www.denverartmuseum.org

NOVEMBER

Sunday, November 6 & Saturday, November 12

Denver Zoo - SCFD Free Days
<http://www.denverzoo.org> 303-376-4800

Wednesday, November 9

MCA Annual Members Meeting 6:30pm
Stapleton MCA Community Room*
info@stapletoncommunity.com

Thursday, November 10

Active Minds Seminar 7-8pm
In-depth look at Al Qaeda
Stapleton MCA Community Room*
Events@stapletoncommunity.com

Sunday, November 13 & Monday, December 5

Denver Museum of Nature and Science - SCFD Free Day (303) 322-7009 <http://www.dmsn.org>

Thursday, November 17 - Saturday, November 19

School of the Arts Fall Dance Concert, "Destinations," 7pm
dsa.dpsk12.org/performances

Friday, November 18

Winter Welcome 6-8pm
29th Avenue Town Center
Events@stapletoncommunity.com

DECEMBER

December 1-11

Santa Claus Shop Gently Used Toy Drive. Drop off gently used toys at King Soopers. More info, online donations at <http://www.denversantaclausshop.org>

*More information at Events@stapletoncommunity.com
Stapleton MCA Community Room 2823 Roslyn St.
Central Park Recreation Center 9651 MLK JR. Blvd.

The Front Porch welcomes submissions of upcoming local events (see information on p.17) and story ideas. Deadline is the 15th for the next issue.



MASTER COMMUNITY ASSOCIATION

What is your Community DNA?

Nothing is more frustrating when driving than having your blinker on and needing to get over but nobody will let you in. On the other hand, when you let someone in, there is nothing better than them acknowledging you with a wave of the hand! This month, we want to challenge everyone when driving to let someone over when they have on their blinker, and if someone lets you over, make sure you acknowledge them with a wave!

MCA Annual Meeting

The Annual MCA Meeting of Members is scheduled for Wednesday, November 9 at 6:30pm in the MCA Community Room, located at 2823 Roslyn St. This meeting will also be available online. For information about how to access it online, go to www.stapletoncommunity.com.

Active Minds Seminar

Al Qaeda. Join Active Minds for an in-depth look at Al Qaeda. We will discuss the historical origins of the organization and how it has evolved and changed over time. The role of Osama bin Laden and other leaders will be explained. We will also discuss how Al Qaeda has been impacted by the U.S. military and diplomatic efforts, including the killing of bin Laden.

The seminar begins at 7pm on Thursday, November 10 in the Stapleton MCA Community Room. Everyone is welcome. For more information, visit www.ActiveMindsForLife.com.

Winter Welcome

It is hard to believe lights are being strung on the trees and snowflakes are being installed across 29th Avenue already. We hope you are able to join us for the annual kickoff of the holiday season on Friday, November 18, from 6-8pm in the fountain area of the 29th Avenue Town Center. The Town Center tree and lights will be turned on promptly at 6:15pm.

The participating Town Center retail shops will be open and many will be offering specials for you that night. It is a great chance to get a jump on holiday shopping! There will be fire pits for warming your hands and toasting marshmallows for your s'mores. Carolers will stroll the streets, jazz will play in the crescent, the dancing trees will swirl along the sidewalks and the scent of roasted almonds will fill the air. The ever-popular 2012 Dogs of Stapleton calendar will be available to pick up at this event.

Students from Denver School of the Arts create a unique decorating experience in our

Town Center by designing holiday scenes for the doors of our participating retail shops. The door decorations will be up on Friday, November 11 through November 18. Winners of the DSA door-decorating contest will be announced on Friday, November 18 at 7:45pm. The community is the judge of this contest, so we need you to respond! A ballot will be available for you to vote online at www.stapletoncommunity.com, or you can pick up a ballot and complete your vote by 7:30pm the evening of the event. You can also email your completed ballot to events@stapletoncommunity.com or just bring it to the event on Friday the 18th and put it in the ballot box located in the MCA booth.

Each completed ballot received will be placed in a drawing for great prizes including gift certificates to our local 29th Avenue Town Center. Winners of the drawing will be notified by email on Monday, November 21. For more information, go to www.stapletoncommunity.com.

Event Survey

The events for 2012 wrap up with the Winter Welcome on November 18. We want to hear from each of you about how you feel the events went this year. The last week of November we will send a survey out via email and will have it available online as well at www.stapletoncommunity.com. Please take a few minutes to complete this survey so we can create events the community wants. If you have any suggestions or ideas of events you would like to see in the community, please send them to events@stapletoncommunity.com.

Pumpkin Patch

We want to thank our sponsor, Blue Creek, for helping unload and set up the pumpkins for our annual pumpkin patch last month. Over 1300 pumpkins were given away at our final farmers market.

If you have any questions or comments about the information above, please feel free to contact events@stapletoncommunity.com or call the MCA office at 303.388.0724.

Diane Deeter
Director of
Programming and Events

Sponsored by Stapleton MCA

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By Nancy Burkhart

When Patrick Dizon, his wife, Joyce, 18-year-old son Patrick and 15-year-old daughter Meagan moved to Stapleton about four years ago, they gave a Halloween party.

"I decorated the house so that people would feel a bit more entertained, and it just got bigger and bigger every year," explained the elder Dizon.

Today, the Halloween-decorated Dizon home is known throughout Stapleton, Park Hill and beyond. The Dizons haven't had another Halloween party, but parents bring their children to trick-or-treat at the house just to see the decorations.

There are mannequins with different masks, fog lights, strobe lights, police lights, tiki torches and a coffin on the front lawn—with scary music playing to add to the eeriness. The younger Patrick Dizon and some neighbor friends help add to the ghoulish activity in the scene.

"I do it for the kids," Dizon said. "The younger kids really get a kick out of it. I try to add things every year. We try to scare the parents when their kids are done trick-or-treating."

"I typically don't get dressed up," he said. "Our neighbor's kids don't go trick or treating, so they can be my props. Last year one controlled a fog machine and one jumped out of the coffin to scare the parents after the kids had moved on."

Dizon makes all the Halloween decorations out of wood. "Styrofoam wouldn't withstand the wind," he said. "Everything's primarily made of wood. Storage becomes an issue every year because I have to find places to put this stuff."



Photo by Adrian Dibaldo

Patrick Dizon checks out a skull that hangs by a coffin as his daughter Meagan, 15, (left) wife Joyce and son Patrick, 18 watch. Dizon says he does it because the neighborhood kids get a kick out of it.

"Every year there's a different image," he said. "This year I'm projecting holograms out of the house. I can't let the kids down because every year they expect something different."

The neighbors are supportive of Dizon's Halloween efforts. He eschews Christmas decorations, watching his neighbors put up their displays.

Next Halloween, start driving by 2921

Fulton St. during the first week of October. That is when Dizon starts putting up his Halloween decorations. He adds more every week so that the children can see something new every time they go past his house.

This Dad Goes All Out for Halloween

One of the spider webs in front of the house is made of rope. I weave my own spider web and cover it with cotton. There is no set design plan. I just look at what I have in storage and come up with a theme.

the first week of October. That is when Dizon starts putting up his Halloween decorations. He adds more every week so that the children can see something new every time they go past his house.

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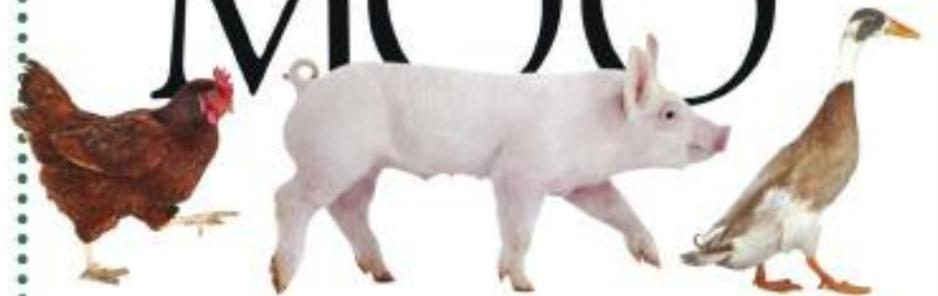
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It Takes a Community to Transform a Community

By Judith Schwartz

Mayor Hancock calls Dahlia Square Senior Apartments at 34th and Elm Street a "symbol of revitalization for Northeast Denver." Residents of the 88-unit affordable housing development call it a beautiful place to thrive.

The land was a brick quarry, then a dump. In the 1950s, it was the largest African-American-owned shopping center in the U.S. with a King Soopers and roller-skating rink.

Years later, chemical leakage caused the barely occupied center to go up in flames. Remediation of the property was completed in 2006 through the Denver Urban Renewal Authority (DURA).

Players in this long saga include a who's who of past and present Denver city council members, mayors, community organizations/activists, developers and government agencies.

Michelle Wheeler, Northeast Park Hill Coalition president, recalls the late Councilperson Carla Madison asking her, in 2009, to meet with King Baptist Church members and developer Arthur McDermott to hear his affordable housing plan. "The project was desperately needed. Arthur kept at it, always keeping us in the loop and speaking at our meetings. We thank him for his vision and perseverance."

Jane Greer, of McDermott Properties, said, "Park Hill is a very old area of Denver. A lot of people age in place there. With our market study, we knew going in it would be well received."

As McDermott worked with the community he says he was struck by their skepticism. "I told them I couldn't do it myself. They needed to tell the mayor, every agency, 'This is important to the community.'" It worked. Financing through DURA and the Colorado Housing and Finance Authority enabled McDermott to build the project, which was completed in August 2011. McDermott adds that the construction created 237 jobs and four permanent on-site staff.

Dahlia Square is a "green," gated community for persons 62 "and better" with one- and two-bedroom units, patios or balconies, library, laundry, billiards, arts and crafts, fitness and computer rooms, energy-efficient appliances and garages. Residents can keep a small pet. Plus, RTD buses on the 210 route stop right outside, making travel to parks, museums, shopping and downtown easy. Activities on and offsite are planned. Another 44 units will be added later. And it is located next to the new Park Hill Family Health Center.

Pete Wilkins, management company marketing director, hopes to get all 88 units occupied by year-end. Affordable rents are based on specific income formulas. Leasing is proceeding rapidly; the project was over 50 percent occupied by late October. Residents are individuals and couples from Park Hill and elsewhere; some are retired, some not. Wilkins hopes families in NE Denver will see it as a nearby option for their parents.

"Wild" Bill Hardney

"Wild" Bill Hardney (69) lived in Green Valley Ranch but came regularly to the new Park Hill Family Health Center. He saw construction next door, inquired and found a home. As a youth, he was often in trouble. Baseball was his passion, but he was released from the Dodgers' farm team in the early 1960s when they discovered his juvenile record. "I cried all the way from Vero Beach, Florida, to Newark." Seeing Rubin "Hurricane" Carter box on TV, he decided to box and became the Golden Gloves champ from 1962-64.

"Boxing was a gift God gave to me, but I was a clown. I didn't really like it. I got in the ring and danced to make the crowd laugh." A light heavyweight, he fought 59 bouts. In 1970, after Mike Quarry pulled out, Hardney had four days to prepare for a world heavyweight fight with Bob Foster. "I did my best to beat his butt, had a good time, ran out of gas, saw blood, got down for the count, because I could have got real hurt." He became the spar-

You're Invited!

Please join us for our
annual Project/Construction Update!

Work is well underway on the Commuter Rail Line from Denver Union Station to Denver International Airport. Get updated at any of our community "Open Houses" on our construction schedule, accomplished milestones and what to expect in the coming year.

Select from any of the dates/locations below to have your questions or comments addressed by members of our project team.

Hope to see you there!

| | | |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------|
| November 9, 2011 | November 10, 2011 | |
| Bruce Randolph School 3955 Steele Street Denver, CO 80205 | Holy Transfiguration of Christ Church 349 East 47th Avenue Denver, CO 80216 | |
| November 15, 2011 | November 17, 2011 | December 1, 2011 |
| Central Park Recreation Center 9651 E. Martin Luther King Jr. Denver, CO 80216 | Fletcher Primary School 10455 East 25th Avenue Aurora, CO 80010 | Centro San Juan Diego 2830 Lawrence Street Denver, CO 80205 |

*Meetings start promptly at 6:30p.m., and light refreshments will be served.

**For additional information, to R.S.V.P. for special needs request or to request Spanish translation, please contact Joshua Solis at 303-297-5284 or joshua.solis@dt piv.com.


Regional Transportation District
303.299.6000 | rid-denver.com



RTD FasTracks

Dahlia Square Senior Apartments



ring partner for Ali, Frazier, Holmes, Foreman, etc. He notes, "A fighter is only as good as his sparring partner."

He's thankful he escaped the damage sustained by boxers like Ali. "I've seen old boxers show up daily at a gym with their bag, sit in the stands. When the bell rings, they jump."

He has three daughters and seven grandkids and is content, away from what he calls today's messed-up boxing world. "I have my place here, my clinic next door and everyone is friendly."

Sandra Bridges

Sandra Bridges married in Denver and lived at 28th and Locust. Her six children went to local schools; three through college. Active in local politics and community, she served on committees dealing with Dahlia Square and getting the Hiawatha Davis Rec Center when Wellington Webb was mayor; then later gave input on Stapleton and the beautification of MLK Blvd. Park Hill was wonderful but they moved to Southeast Denver for larger quarters. After her mother and husband's deaths, she had to leave an apartment due to contaminated conditions and stayed with a daughter. "I was 66. I wanted my own place. I was praying and looking and praying and looking." A friend



Left: Iva Merritt, 80, just back from a Zumba class, joins Wild Bill Hardney outside the Dahlia Square Senior Apartments.

Top left: The apartments are built around a large fenced courtyard.

Top right: Sandra Bridges, the first resident to move into the new complex, sits in her living room, which has a balcony that overlooks the courtyard.

told her about Dahlia Square. At first she dallied, but then asked herself, "What am I doing?" She applied in August and was the first applicant. "I was also the first the move in." It was a Sunday, the place was closed. She made a pallet for herself in the new, empty apartment. "It was eerily quiet but I had my own home."

Sandra, a veteran of three Democratic Conventions, says she got her dream—attending Barack Obama's inauguration. She cherishes her political memorabilia and pictures with President Obama, Secretary of State Hilary Clinton and others.

A devoted Christian and member of Shadow Baptist Church, she cherishes her

13 grandchildren and 4 great grandchildren. A grandson may play professional football after college.

Sandra gets everywhere she needs by bus and expects to use every amenity in Dahlia Square, adding, "I feel like I'm at a resort."

To see the apartments, call 303.333.2126 or visit www.comcapmgmt.com.

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Doctors Teach Kids About Giving



Photo by Adrian Duhaido

Pediatrician Kathleen Fung and internist Phil Fung (middle back) help kids assemble kits for AIDS caregivers in Africa with supplies not available there. The kids raised money to buy the supplies.

By Nancy Burkhart

When Phil and Kathleen Fung joined the Denver Presbyterian Church, a new church that meets at the Montclair Elementary School, 1151 Newport St., they were assigned the task of finding a new project for kids that would address the task of giving.

Dr. Phil Fung is an internist at Denver Health and Hospital. Dr. Kathleen Fung, also a physician, currently is at home taking care of their two children, two-year-old John Eliot and seven-month-old Anna Irene.

Both doctors had spent a month in Swaziland, a landlocked country in southern Africa that "has the highest incidence of HIV in the world," according to Kathleen.

"We worked there as part of our intern training," she said. "When we were starting to look into projects we might be interested in doing, we found that World Vision has an already organized Fun Run and the kids would put together caregiver kits for AIDS."

Thus was born the Kids 4 Kits Fun Run in support of AIDS care. The Fun Run, for children ranging from teenagers to those so young they needed to be carried along the race course, brought in donated funds that paid for the AIDS caregiver kits. The Fun

Run was August 13. The kit assembly party was October 2.

"I loved that this demonstrated to the kids the great poverty in parts of the world," Kathleen said. "I hope it really paints a picture of what the disease is like. It's about understanding the disease and understanding poverty. It helped kids understand their access to material goods and what exists in other parts of the world."

The kids filled the kits with items not available in the developing world, according to Kathleen. Included are: soaps, cotton balls, antifungal cream, rubber gloves, washcloths, flashlights, batteries, water purification, oral rehydration solution, Tylenol and notepads and pencils to write down needs. The kids also wrote notes to the recipients and placed them in the kits.

Kids doing the Fun Run were supplied with resources to learn about HIV and poverty. The race course featured cards with facts about HIV. The facts were written in terms that children could understand, according to Kathleen.

"The most obvious goal is the provision of kits," she said. "But the underlying goal is for the kids to understand the needs of people around the world. The neatest part of it for me was that some of the kids (continued on p. 12)

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By Carol Roberts

Evan Dreyer describes himself as a “re-covering journalist.” After graduating from the University of Denver he worked for newspapers for 15 years, the last five as metro editor at the Denver Post. In 2003 he started Dreyer Communications and worked out of his Stapleton home doing media consulting, writing and editing, and public policy work that led him to politics. In 2005 he became communications director for Bill Ritter’s gubernatorial campaign, then served as Ritter’s communications director until he left office. “On January 11, 2011, I drove from the state capitol about four blocks away to Michael Hancock’s campaign office and I managed the campaign. Today I’m the mayor’s deputy chief of staff.”

Front Porch: We’d like you to update our readers on significant Denver issues and how the mayor is addressing them.

Dreyer: In the mayor’s first hundred days, his top four priorities have been fiscal sustainability, including a balanced budget; jobs and economic growth; education and kids; and restoring public trust in the police department.

FP: What’s happening in the budget process?

Dreyer: The budget was the first step in what is to be a much longer-term effort to bring fiscal sustainability to the city. Fiscal sustainability includes delivering a balanced budget to the city council and launching Peak Performance, the mayor’s effort to improve efficiencies and effectiveness.

There were four substantive requests from council to the mayor to reconsider in his budget. The one we are going to be able to accommodate, in perhaps oversimplified terms, is: instead of growing our reserves up to about 10.8% of the general fund, we’re going to grow them to about 10.7%. We’re going to take that million dollars and dedicate it to the Department of Human Services for preschool and childcare. The Department of Human Services is probably the place where the most pain in a very austere and frugal budget is being felt. Council felt this was a place where



Photo by Adrian Dubealdo

Mayor Michael Hancock’s Deputy Chief of Staff Evan Dreyer (back right) and Melody Harris (back left) are pictured with their children Charlotte, a 9th grader at East and Ben, a 7th grader at DSST.

Hancock Aide Talks about City Issues and Priorities

some pain could be relieved and the mayor agrees and so that request will be approved.

Some council members were asking, is it possible to restore library hours back to their pre-recession levels. Libraries on average are open 32 hours a week instead of 40 or more. While we absolutely share that as a priority, it would be irresponsible to dedicate that funding now. What we are proposing to council is that we maintain library hours at their current levels in the 2012 budget and that we embark together on a community-wide discussion on the future of our libraries. Do we want to entertain a discussion about a dedicated mill for libraries or a separate library district?”

FP: This is the first time a former city council person has been Denver mayor. Are the mayor and city council pretty close to being on the same page about the budget?

Dreyer: Very. I think we appreciate and respect that council as a whole or individual Council members may feel strongly about some things in different ways than the mayor, but overall,

this budget process has made it very clear that the mayor and the city council have very many shared values and shared priorities. And in a time of difficult finances that makes what is already hard, a little bit easier.

FP: What about jobs and the economy?

Dreyer: Bringing together a group of regional economic development leaders with Paul Washington, the mayor’s newly appointed economic development director, will have a lasting impact on our ability to drive economic growth and to create jobs. He gave this group 90 days (until the end of the year) to craft a very targeted economic development mission for Denver.

The mayor has been aggressive in marketing Denver. He is traveling to Japan to continue the discussions about a direct Denver-Tokyo flight. He will be going on an economic development mission to California with the governor. The newly announced Icelandair flight from Denver will drive economic activity. That flight is a gateway to and from Europe for Denver on a low-cost carrier.

FP: Education and Kids are a stated priority. Describe the mayor’s Education Compact.

Dreyer: The Education Compact is a great demonstration of the mayor’s commitment to bring some innovative thinking to a decades-old problem. Our schools throughout Denver are not serving our children the way they deserve to be educated. He has launched this compact that will be an unprecedented bringing together of the city, the school district, higher education, the business community and the non-profit sector to make meaningful change. We want this compact to set its priorities and then the goals will be developed around those priorities.

FP: Have you found a new police chief?

Dreyer: Restoring public trust and confidence in the police department has initially meant launching a national search for a new police chief. We are drawing closer to an end to that process. Certainly it will be in the first half of November.

Front Porch: What’s the current status of the stock show discussions?

Dreyer: The challenge facing the stock show is that the Stock Show believes it is not fiscally sustainable. The mayor has asked for very specific and detailed documents from the Stock Show so we can begin to make an independent analysis of the Stock Show’s business practices, of its finances, of its facilities. The mayor is committed to doing what he can to ensure that the stock show survives. The mayor’s preference would be for the stock show to remain near downtown.

Dreyer has two children. Charlotte is a freshman at East High School, loves to read, play soccer and play piano. Ben is a 7th grader at DSST. He likes to play drums and video games, hang out with the neighbors and play basketball.



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Companionship Makes Exercise and Work Fun for Seniors

By Carol Roberts

Stapleton may have developed a reputation for being full of young families, but a growing group of seniors is raising the average age in the community—and they are finding each other and having fun together. A group of these women have been bonding during walks, coffee, knitting and even starting up new businesses.

Collette Shaughnessy says when she moved to Stapleton in 2005 (even before her grown kids lived here) she saw a lady with a big hat who “kind of looked like me” at the Sweet William Market. “I went right up to her and said, ‘Hi, I’m a neighborhood health coach and I want to recruit people our age to do exercising.’” Shaughnessy and her new friend, Liz Begalla, then met another person “who looked like them” at the Farmers Mar-



Photo by Steve Larson

ket. And through her met two or three more women. “After that,” says Shaughnessy, “four of us started walking every Tuesday morning for coffee at Einstein’s.”

Shaughnessy says after the Front Porch ran a story about grandparents moving to Stapleton to live near their children and grandchildren (December 2007), they met some of the families in that article. “Then there were six or eight of us. We were having coffee at Einstein’s one day when a group of women came across the street from Curves

and said they’d heard about us—so then it started to grow through Curves.”

The walking group still meets every Tuesday at 8am—now starting in Central Park and alternating one week at Panera and one week at Einstein’s. It’s a diverse and interesting group, says Shaughnessy, some retired and some not. “We have two from Lowry and one from Park Hill. Everyone’s friendly and wants to meet each other.

“We like to plan activities that don’t cost a lot of money.” Shaughnessy and her husband came up with the idea of hosting a root beer float party in the park over Labor Day, and it has become a tradition for the past five years. The latest idea for inexpensive fun when the weather gets cooler is to

find the best hot and sour soup. “We don’t want to eat a whole meal; we’ll just go and compare soups.”

Shaughnessy and Begalla have formed a business called Clutter Coach, LLC. “Liz has been a coach before, and both of us have lived through taking on our parents’ stuff, our grandparents’ stuff and then downsizing and moving. That business has been a delight.

“We decided what we needed when we moved here was a clutter coach because of our personal experiences moving to a very small living space from larger homes with all of our stuff. The logo for Clutter Coach LLC is a funnel. It’s really quite an interesting service and we’ve tried to keep it affordable and we also think it’s a real service to people. Mostly it’s the funnel idea. ‘We have all this stuff and what are we going to do with it?’”

Shaughnessy describes another business idea, loosely called Three Women and Three Paintbrushes in Three Hours: “It started with three women helping each other paint a room and now it’s spreading and people are getting word of it. It’s a way for us to be together, get some exercise, make a little money and have fun.”

Two businesses are not enough for this active senior. Shaughnessy and her husband decided, living in a condo, they miss gardening—they both worked huge gardens in their small town in Nebraska. So, she says, “We have become private gardeners for some nearby neighbors who have beautiful backyards.”

For more information about Shaughnessy and Begalla’s Clutter Coach business, visit denvercluttercoach.com or email info@denvercluttercoach.com.

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A Senior-Living Village in Stapleton?

By Ray Kieft

Are you a forward-looking senior in NE Denver who realizes you may need continuing care in a senior living village sometime in the future? Would you or someone you know like to have the option for continuing care in Stapleton? Are you concerned about your aging parents and would like for them to live near you in a continuing-care, senior-living village? If you answered "yes" or "maybe" to any of these questions, please send your name, current address, and email to the email address below.

What is a continuing-care, senior-living village? It is a residential community for seniors that provides independent living, assisted living, and nursing care living with an Alzheimer's care unit. The three levels of living enable a senior to continue to live in the same location even as she/he ages and requires increasing care. Arrangements for independent living may consist of one-, two-, or three-bedroom condos or apartments, either leased or owned by the occupant. Assisted-living arrangements may consist of assistance with dressing, bathing, medication and other routine aspects of daily living while the senior continues to live in her/his apartment or condo, or while the senior lives in an assisted-living facility in the village. Nursing care living consists of total care including care for seniors suffering with Alzheimer's.

A few developers have been approached about constructing a continuing-care, senior-living village in Stapleton. Forest City has expressed an interest in having such a village in Stapleton. The developers have responded by questioning the level of interest—both now and in the future. A more specific indication of the level of interest by current and future seniors is needed in order for developers to conduct a cost/benefit analysis.

A group of seniors currently residing in Stapleton is coordinating an effort to gather the names of people in the NE Denver area who would like to learn more about a possible continuing-care, senior-living village in Stapleton. No commitment to live in such a village is required. Names, addresses and emails will not be shared—they will be used only to notify people about meetings regarding a possi-

ble senior village in Stapleton.

If you or someone you know wishes to be kept informed about the possibility of a continuing-care, senior-living village in Stapleton, please send an email to sandyraykief@warp8.com with name, address and email of interested individuals.

Ray Kieft moved to Stapleton five years ago to be near his two children and grandchildren.

Adopting A Senior Pet

By Chris Gallegos, Denver Dumb Friends

November is "Adopt-a-Senior-Pet" month. Shelters across the country are highlighting the importance of finding homes for mature pets.

Benefits to choosing an older pet include:

- They are past the puppy or kitten phase that often requires an extensive commitment of time and energy. They are still active, but they know when to sit back and relax.
- You can teach an older cat or dog new tricks. A dog can be trained at any age, whether 8 weeks old or 8 years old. Adult dogs can learn everything from the basic commands to more complex challenges. It is never too late to start behavior training—plus, it strengthens the bond between you and your pet.
- "The senior dog's personality is already there; you just know what you are getting," according to the owner of an adopted senior pet.

The Dumb Friends League provides a \$100 credit for seniors (age 65 and older) toward the pet adoption fee. If the fee is less than \$100, the adoption will be at no cost. If you would like to adopt under the Senior Connection program, be sure to mention it when you visit our shelters.

Visit the Dumb Friends League at ddf.org/seniors or call 303.751.5772.



Congresswoman Diana DeGette holds a town hall meeting at Swigert-McAuliffe school in October.

Photo by Adrian Dubaldo

Congresswoman DeGette Holds Budget Forum and Town Hall Events in NE Denver

By Jon Meredith

Budget Forum

On Thursday, Oct. 20, 1st District Congresswoman Diana DeGette held a forum at East High School where participants were encouraged to try to pass a simulated Federal Budget. The event was attended by over 100 constituents. It was organized by DeGette's Denver office but was facilitated by the Concord Coalition, a nonpartisan organization that advocates responsible fiscal policy. Participants were assigned tables as they came in. Each table represented its own congress and participants had to vote on numerous budget items in an attempt to try to balance the federal budget.

After very brief opening remarks where she stated, "These issues are what the U.S. Congress deals with every day," the Congresswoman turned the event over to Phil Smith with Concord. Participants were required to make difficult choices such as cutting educational grants, children's health care and federal salaries or raising taxes. One participant stated she wanted to cut all nondefense discretionary spending. When a fellow table member said that includes all Medicare, Medicaid, Social Security, roads, bridges and education, the woman backed off, saying she thought discretionary spending was "for people who didn't want to get a job." The end result was that some tables were able to make

cuts, some very substantive. However, every table ended up raising taxes in some form or another, either by additional taxes on higher incomes or raising Social Security taxes.

Stapleton Town Hall

On Saturday, Oct. 22, Congresswoman DeGette held a town hall in the library at the new Swigert-McAuliffe International School in Stapleton. The event was attended by only 10 people despite DeGette's office sending out over 6,000 invitations. The Congresswoman opened the meeting by reviewing what she has been working on recently, followed by an hour-long open discussion. Rep. DeGette pointed out that she recently introduced legislation that was passed on a bipartisan basis that allows ski areas to utilize their forest service permitted areas year-round, creating more full-time jobs in ski communities. However, she acknowledged the country is very fed up with the inability of Congress to get legislation passed, and she believes, "the only way for Congress to be effective is to work in a bipartisan manner on all issues. The idea that it takes 60 votes to pass anything in the Senate paralyzes the process."

The open discussion covered a broad range of topics including health care, environmental issues, the gap between rich and poor, taxes, chemical regulations and cutting the EPA budget, the Federal Reserve and, more than anything else, jobs legislation.

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Colorado's Flat Tops: Perfect Setting for Stapleton Author's Mystery Series

By Judith Schwartz

High in the magnificent Colorado Flat Tops Wilderness, it's elk-hunting season. Winter is approaching. Add a spirited, capable female hunting guide and the suspicious death of a hunter at the center of a conflict over natural gas exploration. This is the setting for local author Mark Stevens' recently published mystery novel. *Buried by the Roan* weaves a fast-moving tale that is entertaining, topical and eloquently written.

Stevens grew up near Boston and became a journalist. At *The Christian Science Monitor*, he covered the "economy, fishing, environment, politics and all the colorful people and events of southern California." In Denver, he reported City Hall for the *Rocky Mountain News*.

The MacNeil/Lehrer Report, seeking someone with no TV background, hired him to produce field documentaries. He covered Mexico City's earthquake, NASA's space shuttle disaster, a Colombian volcano, Nicaraguan political upheavals and Puerto Rican mudslides. Nicknamed "master of disaster," Stevens became fascinated with survival.

Next he covered education for *The Denver Post* and subsequently did communications work for school districts and the state Department of Education.

In the mid-1990s, Stevens and his wife, Jody Chapel, went horseback riding in the Colorado mountains. Instead of a grizzled old guy, the guide was young, female and excited to share everything about trees, bugs and plants. "She lived and breathed the Flat Tops and I knew a great character when I saw one." Thus, the inspiration for his protagonist, Allison Coil, a city girl turned guide who solves mysteries on the side. Coil has survived an airplane crash on takeoff from LaGuardia that leads her to seek "safety" and serenity in the Colorado mountains. *Buried by the Roan* is Stevens'

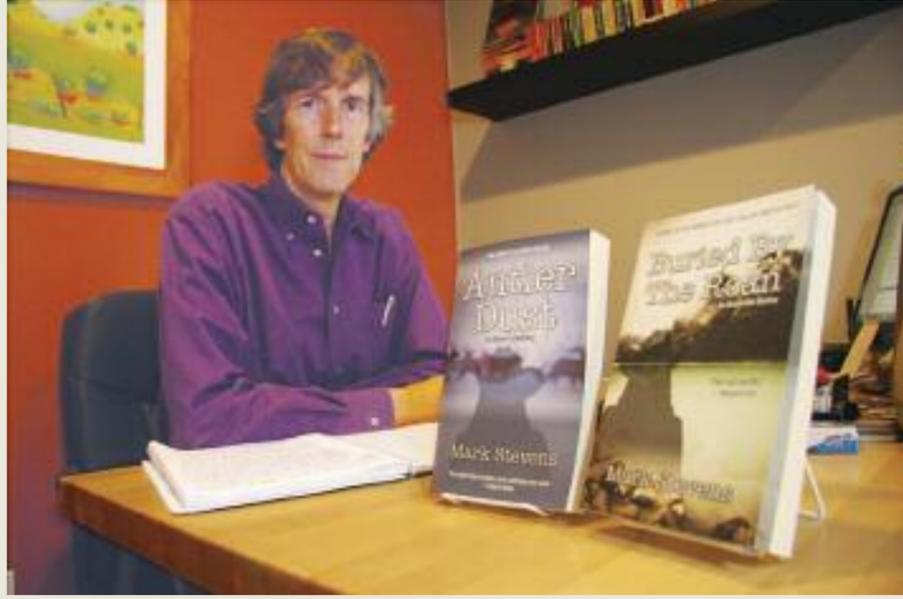


Photo by Adrian Diubaldo

Mark Stevens has recently published his second book and is working on a third. Visible on his desk is the notebook he uses to hand write his books.

second Allison Coil mystery.

Stevens finished the first Allison Coil mystery, *Antler's Dust*, in 1996, got an agent—and nothing happened. In 2007, an independent Boulder publisher printed the book. That firm went under. Last year, he found a perfect fit with People's Press, owned by Aspen legend George Stranahan, Flying Dog microbrewer and Hunter S. Thompson pal.

Stevens writes 500–600 words daily, 5–6am. A page a day; it's a book in a year. Add print and media research, several trips to the Flat Tops, lots of rewrites, and he has carved out his niche in the Western mystery genre. A third Allison Coil mystery is in progress.

His characters are embroiled in topical issues: hunting, land selloff for gas exploration/fracking, and even local vs. imported food in schools. He explains, "I don't want to be lectured to when I read a book. I want to be entertained and get information on both sides. I use that as a backdrop, a chance to talk about the issue, but not designed as a finger-pointing thing."

He shows how people on all sides can go to extremes in pursu-

ing their agendas.

"People have an idea of what they want to do and don't do research to see what steps are being taken. They come in with THE answer, THE remedy, THE fix. They are so pushy you want to say, 'Why didn't you come see what we're already doing?'"

Stevens champions writing groups. He calls the Rocky Mountain Fiction Writers, its 400 members, commercial fiction writing conferences, critique groups, and networking with agents and editors, "the best. We support each other. We are all in it together."

"You need it critiqued. I believe in showing your work and going through multiple revisions. Not every bit of feedback helps, but usually there's a common theme from six, seven readers who say, 'This doesn't work,' 'It drags here,' 'Are you sure about the ending?'"

It's your story, but if agents, editors and publishers aren't buying it, he emphasizes, "Go back to the drawing board or just start over."

His career to date: wonderful, but he's presently looking for new employment.

Stevens and family live in a Stapleton townhome. After 12 years in NW Denver, then a Congress Park 104-year-old Denver Square, they enjoy their downsized lifestyle. Jody teaches design, digital media and photography at East HS. Daughter Justine bikes to Denver School of the Arts, studies stagecraft design and recently performed in *Pajama Game*. Ally studies art history/digital media at CU and plays sax in the marching band. Stevens plays bass in an oldies group, Falling Rock.

"I feel so fortunate to be in a family that supports my writing and music. We are all just very artsy."

For more on Mark Stevens, go to www.writermark-stevens.com.



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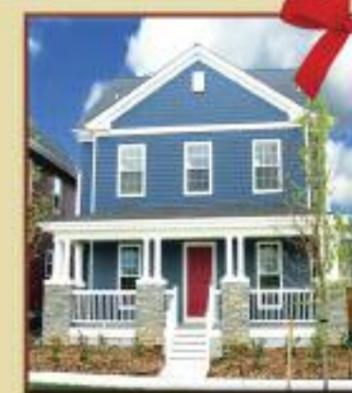
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Photo by Adrian Diabaldo

Cheryl Herrington, front, leads a Jazzercise class at the Colorado Contemporary Dance location in Quebec Square, across from Sam's Club.

Work Every Major Muscle Group and Enjoy It

By Nancy Burkhart

Cheryl Herrington first went to Jazzercise because she "loved to dance, but hated to exercise." Then she became an instructor and now owns Jazzercise Stapleton, where classes are held in the Colorado Contemporary Dance Academy at 7505 E. 35th Ave. across the street from Sam's Club.

"I became an instructor because now I love to exercise," the Stapleton resident said. "You burn a lot of calories and have a lot of fun doing it. Jazzercise is for everyone."

"We have clients trying to do everything," she said. "As we're teaching, we always show a low-impact option and modification. If there are people just starting out, I would show them how to adjust. For people who have been doing Jazzercise for years, there's a high intensity to it. You can burn up to 600 calories in a class. You could be completely out of shape or completely fit and still get something from it."

Jazzercise combines routines for strength, cardio, abs, etc., while other programs require separate classes for each focus, Herrington said.

"With Jazzercise, you work every major

muscle group," she said. "You don't have to think about doing another type of class. You just come and enjoy."

Strict quality control is part of Jazzercise, according to Herrington.

"All of the music we use is current—everything from hip hop to country to Latin—the whole gamut," she said. "You would see the routines more than once, but they won't be in the same order. We keep it safe and different. Most people know the music from listening to the radio so they can sing along with it and enjoy it."

"I make it a lot of fun and I end up giving a lot of good instruction with it," she added. "I also push the class and see that they do it safely. I make it a point to educate people on how to do the moves correctly."

One-hour Jazzercise Stapleton classes are held at 5:45am on Monday, Wednesday and Friday, and on Saturday at 8am.

For information about Jazzercise Stapleton, go to www.facebook/jazzercisestapleton.com or email jazzercisestapleton@gmail.com. Call 720.270.2047 to talk with Cheryl Herrington

Aggressive Coyotes Stalk the Urban Farm

By Carol Roberts

The Urban Farm offers city kids a country farm experience—and one of the big attractions for kids at a farm is always baby animals. But the local coyote population is also attracted to small animals and the Urban Farm and has had to step up their efforts to keep coyotes away. Donna Garnett, Executive Director of the Urban Farm describes their efforts. "We've done lots of different things to stop the issue with the coyotes killing lambs and goats. We had a fundraiser and were able to invest in some coyote no-climb fence. We have electrified fences that we turn on at night to keep the coyotes out." They have even hired a handler who patrols the farm several nights a week with two 200+ pound Anatolian shepherds. "They definitely would make a coyote stop and think," says Garnett.

Garnett says they have had a lot of experi-

ence with coyotes and typically they are loan hunters and not aggressive. But in mid-October just barely after dusk when all the lights were on and there were about 30 people in the farm, five coyotes came right up to the indoor arena. "The adults who were moving the horses back to their pen were stamping their feet and screaming and yelling to go away. The coyotes might move a few feet away, but they weren't running away. They were tracking along beside the adults who were trying to walk out of the arena. They were definitely not fearful in the least."

"I think it's important to note that these are coyotes that clearly have been cross bred with dogs so they are bigger and not afraid." Garnett says generally, coyotes are not big, but that these coyote hybrids were substantially larger than the labs that work on the farm.

Garnett believes this incident should be a concern to local residents because the farm is not that far removed from (continued on page 19)

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When Stellar Academics and Athletics Align

Meet Rapids' Ivy Leaguers Andre Akpan, Jeff Larentowicz and Scott Palguta

By John Babiak

Parents dream of their children reaching great academic heights and pursuing celebrated careers. Children have flights of fantasy that take them to center stage at Radio City Music Hall, pitching a no-hitter at Coors Field, even leading our nation from the Oval Office. Sometimes the two visions align. Colorado Rapids' Andre Akpan, Jeff Larentowicz and Scott Palguta are examples of young men who merged their intelligence with their deep passion for athletics, and both earned degrees from prestigious Ivy League universities and won coveted invitations to play Major League soccer.

All three have common threads that make up their fabric: self-confident "can-do-it-all" attitudes, determination, perseverance and parents who prioritized school and studies first.

Division 1 Ivy League soccer is not the most typical route that promising student athletes take to become professional sports prospects. But as Jeff Larentowicz said, "I wanted to earn an Ivy League education and I hedged my bet." Ivy League sports programs stress academics. Rules there dictate mandatory rest periods with no contact with coaches, and off-season training can only be self-initiated.

Larentowicz graduated from Brown where he majored in public policy and American institutions. During his four-year career, he helped his alma mater capture two Ivy League championships and was named four-time All-Ivy performer. His father, Ron Larentowicz, a Philadelphia suburb high school math department head and golf, basketball and soccer coach, knew all too well about modern-day collegiate student athletes. As an accomplished student athlete himself, he set high standards and steered his son to a place where both commitments were taken seriously. Brown soccer coach Mike Nonoon ultimately won over the recruit and gained a player "with remarkable ver-

satility, aptitude and gamesmanship intelligence for the game." Those same attributes have spilled over into his pro career. Larentowicz not only stars for the Rapids as their 2011 season leading soccer player, but also splits time playing for the U.S. National Team.

Palguta hails from New Jersey. From his early high school days he absolutely saw himself integrating his love of sports with his studies. "I recall when I was 12 years old talking to my parents about school and sports. If this is something that you truly want, you will need to make sacrifices and decisions your friends maybe will not. Their perspective hit me and I turned a new leaf. I made the commitment and did not waiver," said the Stapleton resident. He went on to become a New Jersey Olympic Development Program soccer player and traveled to play in North Africa and Europe with his team. He held offices in his student council, was a member of the National Honor Society and even his school's physics club. He also lettered in three sports each of his four high school years. To help him "see and believe," his parents took the initiative to drive him around the northeast to visit major universities and colleges. "By the time I was a junior and the recruiters started to call, I had toured nearly 40 schools. I had a good sense of what schools would be a good fit for me and where I could strike a balance—the best university with superior academics and a good fit for my soccer." For Palguta, the choice came down to Cornell and Notre Dame. He chose Cornell and earned his degree in hotel administration. He was a four-year soccer starter and captained his team as a senior.

The youngest of the trio is Andre Akpan. He is a quintes-



Colorado Rapids' Ivy League graduate Jeff Larentowicz (left) attended Brown, Andre Akpan (center) attended Harvard and Scott Palguta (right) attended Cornell.

Photo by Bill Bonebrake

sential overachiever. Not only did he attend Harvard and major in economics, he graduated as their most prolific scorer and career assist leader. He was the 2009 Ivy League Player of the Year. The Rapids made him a 2010 Major League Soccer Super Draft selection. His father, a Nigerian immigrant, placed emphasis on academics. It was expected of him and Akpan knew no different. His dad also owned an indoor soccer arena in greater Dallas-Ft. Worth where his son got plenty of touches on soccer balls. Like his teammates Larentowicz and Palguta, his high school years were filled with making personal choices, time management and striving to be the best at everything that he did. His scholastic, athletic and extracurricular achievements for high school alone easily fill up a page. "When interest from Harvard popped up, I knew that I could not turn down that opportunity to earn an education, even though they didn't have a storied soccer program." His choice paid off. His intellect and athleticism can be seen on the playing field when he dissects defenses playing his clever style of soccer. "Playing soccer for the Rapids is absolutely a dream come true. I'm doing what I love and have been doing since I was 5 years old."

On advice for hopefuls, Palguta said it best: "...keep your feet firmly planted in reality and reach for the stars."

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— Kim Kouba
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Doctors Teach Kids

(continued from p. 6) really 'got it' and were inspired by the people they were supplying the kits for."

A World Vision representative who spoke at the Fun Run said that some recipients of the AIDS caregiver kits keep the note of encouragement that is included in each kit long after the kit was gone.

"We'd really love to do it again," Kathleen said. "I think there's great continuity there. The kids paid for the Fun Run and then put their hands on what they bought. They had something they could learn from."

To learn about the Fungs' work, email them at fungs@denverpres.org. For information about the Denver Presbyterian Church, call 303.495.3345.

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Medical Rejuvenation Can Take the Place of Surgery

By Nancy Burkhardt

In the past, people might have thought about plastic surgery when they looked in the mirror and saw themselves aging. Today, however, there are nonsurgical options.

Restor, a Medical Rejuvenation Spa, exists to offer those nonsurgical options. Restor is now open at 2373 Central Park Blvd., #103. Its owners are sisters Dominique Waples-Trefil and Dr. Flora Waples-Trefil, who live next door to each other at Stapleton. "We're both in our mid-30s, so we're discovering that our skin is aging," explained Dominique. "That's what drew us to this."

Dominique is assistant deputy district attorney for the City and County of Denver. Flora is an emergency medicine and trauma room doctor for Exempla Hospital at Lutheran and Good Samaritan.

"We offer anything up to plastic surgery," Flora said. "We do botox. We do fillers. We do laser rejuvenation and hair removal, chemical peel and microdermabrasion. And we will start to offer body sculpting as well."

"Our ideal clients are between the ages of 35 and 60. They usually are ladies, although more and more men are coming for medical rejuvenation. They are people who have noticed that their skin is changing. They want to reverse the change. That's what we do. Restor is an establishment where you can get cutting-edge medical and esthetic medical rejuvenation. You will receive treatments in a relaxing and soothing spa environment. We offer all the benefits of a doctor's office with all the relaxation of a spa."

As a trauma room physician, Flora has an extensive background in medicine. "I started training in cosmetic medicine because when something horrible happens in trauma medicine, it's hard to bring people back," Flora said. "The thing I love about cosmetic medicine is that I can send them out the door better than



Sisters Flora Waples-Trefil, M.D. (left) and Dominique Waples-Trefil are opening a medical spa in the office condo building at 23rd and Central Park Boulevard.

Photos by Adrian Duhardo

they were when they came in. I love to help people bring back something they have lost."

Dominique's job is to handle everything that doesn't involve physical treatment.

"There's a lot to running a successful business that isn't addressed in medical school," she said. "My sister and I have worked together on various projects. We make a very good team. I allow my sister to focus on medicine and the latest procedures that come out. I'll do everything else. I don't want people to come in and feel like they're sitting in a doctor's waiting room."

"I envision that some people will come in and get a chemical peel or a facial. Our focus is the result-oriented medical treatment," she said. "Most of the procedures we offer have downtime of 15 minutes to an hour and a half. The effects of these treatments come on over time—a couple of days or a couple of weeks."

Consultations with Dr. Waples-Trefil are free of charge.

"I want to provide results for people," Flora said. "We all have seen people in People magazine and wonder how they look that way. If someone brings me a picture and says, 'I want skin like that,' I can do that."

"What I hope is that we can provide a place for education," Dominique said. "There are a lot of people who don't know

about these things, and we want to be that resource in the community. We plan on hosting a variety of regular educational events. We'll provide wine and talk about things like, 'What does laser procedure mean?'"

For information about Restor, a Medical Rejuvenation Spa, go to: www.restormedicalspa.com. For an appointment or questions, email info@restormedicalspa.com or call 720-524-8429.

DPS Board to Vote on Charter Application for Northeast Denver Montessori School

By Carol Roberts

Monarch Montessori of Denver, which currently enrolls children six weeks through six years, is in the final stages of applying for Denver Public Schools (DPS) charter status. If approved, the charter school would open in August 2012 with grades K-3, and a grade a year would be added in 2013 and 2014, taking the charter program to grades K-5. On Thursday, Nov. 3, the DPS Review Committee will report their recommendations regarding the charter application to the DPS School Board. Supporters are invited to be present both on Nov. 3 and 7 as the DPS Board considers this charter proposal. The DPS School Board will vote on the charter application on Thursday, Nov. 17. Monarch Montessori is located at 11200 E. 45th Ave., near I-70 and Peoria. For more information, visit MonarchM.com or call 720.746.2140.



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Tragedy Leads to Creation of Non-Profit to Help Others

By Nancy Burkhardt

On the evening of Dec. 9, 2010, Laurie Gorham Sherlock was 34 weeks pregnant and crossing the street at East 29th Ave. and Central Park Boulevard when she was struck by a car whose driver failed to stop. Laurie lost her baby, Edison Mark, shortly after he was delivered that night. The 24-year-old faced months of rehabilitation and healing for her internal injuries and multiple fractures. Police thus far have failed to bring the driver to trial for the hit-and-run.

Today, Laurie is doing much better physically and is walking without a limp, which her doctors say is incredible. She is a physician doing a pediatric residency at Children's Hospital Colorado and Denver Health.

In an effort to help them heal mentally after the loss of their son, Laurie and her husband, Pete, founded a nonprofit



Pete and Laurie Sherlock stand at the corner of Central Park Boulevard and E. 29th Ave. where Laurie was seriously injured in a hit and run accident. The Sherlocks have formed a nonprofit to aid accident victims and promote blood drives.

would benefit from this. But, then we thought about how motor vehicle accidents happen way too frequently. So, why

organization called The Edison Fund. The organization began as a Denver-focused group to provide baskets of encouragement to people hospitalized because of traffic accidents.

Setting up a nonprofit, says Laurie, "is a whole new skill set. We're having a lot of fun learning it. We both enjoy creative thinking. It's really fun and invigorating starting this."

Once they had set up The Edison Fund, Laurie started thinking about how to organize blood drives to honor people who have suffered motor vehicle accidents. And, the result was Stop and Give.

"We initially thought we would do a blood drive each year to honor Edison," Laurie said. "Everyone who donated blood in Edison's name passed it on to three people so other families

don't we set up more blood drives?

"You can donate individually by going to any blood center near you and say it's for Stop and Give, she said. Or you can run a Stop and Give blood drive. Most blood centers nationally collect data for us. We can provide them with bumper stickers and cards where donors can write notes for people going through physical and mental rehabilitation or for a family who has lost someone."

The Sherlocks have been working nationally with America's Blood Center, which coordinates blood centers, and the American Red Cross in an effort to get every state into the Stop and Give program.

"I used to run blood drives," she said. "I started in high school. It was fun and an easy way to give back. My friends would call me Captain Platelet because I was always trying to get people to give blood. Some of them wouldn't do it. But, after my accident, they did give blood. They thought that would help since it used to be important to me. And, they sent me stories about donating."

"Putting our energy into blood drives might help people grieve in a positive way and encourage others to heal," she said. "We're looking for financial donations for running Stop and Give, to fund supplies (note cards, flyers on safe driving, bumper stickers) and provide hospital baskets. We also would like to turn The Edison Fund into a place where people with hospital bills or funeral costs could apply for money."

Stop and Give Month 2011 is Nov. 27 through Dec. 31. The Sherlocks have been working with the Bonfils Blood Center in Denver for the Stop and Give program. They are asking people to give blood during this time and say it is for the Stop and Give program.

To volunteer for Stop and Give, email laurieandpete@stopandgive.org. For more about the Sherlocks' nonprofit organization, go to www.theedisonfund.org or www.stopandgive.org.

DENTISTRY FOR YOUR WHOLE FAMILY

New Program Offers Free Dental Insurance to Low-Income Individuals and Families

Free dental insurance is now available to low income individuals and families of all ages with no dental insurance who meet income eligibility guidelines. It is being offered through a \$3 million fund provided by Delta Dental of Colorado Foundation, which has a mission to create better oral health in the state. The free insurance offers benefits for two years, including routine cleaning and xrays at no cost and a co-pay for other services. Participants can choose from any Delta Dental network provider in the state.

Other qualified populations eligible for benefits through this fund include children covered by Colorado Health Plan Plus who have met their annual maximum but still need treatment and Delta Dental customers who need care and cannot afford their copays.

Eligibility guidelines listed in the online brochure are: Children from a family of two earning up to \$44,130 or a family of four earning up to \$67,050. Adults in a family of two earning up to \$36,775 or a family of four earning up to \$55,875.

Delta Dental will review the application to let you know if you are eligible. Proof of income is required with the application.

Call 720-489-4713 or visit www.deltadentalco.com for information and an application. The Delta Dental pdf flyer about the program and covered benefits is also posted on the Front Porch website at www.FrontPorchStapleton.com

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* As of June 1st Garage Pop-ups/Carriage Houses are now legal/rentable... New Income Potential!

By John Babiak

Stapleton resident Spencer Findley has early-stage Duchenne muscular dystrophy (DMD). DMD, one of nine types of muscular dystrophies, is a genetic progressive muscle weakness disease that is associated with a defect in muscle protein.

Spencer, a third-grader who attends the Bill Roberts School, recently learned that he will be a recipient of a service dog from Canine Assistants, a nonprofit organization that trains dogs to assist children and adults with special needs. The in-depth training, ongoing support and veterinary care of Spencer's dog will be sponsored through a partnership program between Milk-Bone and King Soopers.

The training of a service dog for individuals with disabilities can take up to 24 months and cost more than \$20,000. According to Jennifer Arnold, founder of Canine Assistants, "Everyone knows that dogs can be trained to assist people with vision and hearing impairments. More recently, it has been recognized that dogs are ideal aides for those with physical disabilities as well. Our dogs are trained to turn lights on and off, open doors, retrieve objects, pull wheelchairs, summon help and provide balance and stability when walking." The Canine Assistants organization operates entirely on individual and corporate donations. Milk-Bone and its retail partners have donated

A Dog for Spencer

Photo by John Babiak



Stapleton resident Spencer Findley, 9, is welcomed into the Canine Assistants family at a special ceremony held at King Soopers on October 18. Spencer, who has muscular dystrophy, will receive a free service dog thanks to a donation by Milk-Bone and King Soopers. Jeff Pettit representing Milk-Bone, Kelli McGannon from King Soopers and Parti, a service dog, celebrated the good news with Spencer.

several hundred service dogs nationwide over the past 13 years. Through their "It's Good to Give" initiative, a portion of every dog snack purchase is designated for Canine Assistants. In partnership with Milk-Bone, the Canine Assistants program will provide at least 50 trained service dogs this year. According to Assistance Dogs International, a coalition of service dogs groups, approximately 3,600 disabled Americans will need service dogs over the next few years. Canine Assistants has a waiting list of 1,600.

Next year, Spencer will travel to an 18-acre farm in Alpharetta, GA, for two weeks to select and bond with his dog. As part of the process, Spencer will have the opportunity to be matched with a dog that fits his personality. There, the Canine Assistants program trains dogs to meet the specific needs of their partners. The farm is home to 120 dogs in training, plus goats, donkeys, horses, cats and rabbits that are used to provide Animal Assisted Therapy opportunities for special needs groups.

Spencer's family, teachers, neighbors and his "Team Spencer" friends attended the celebration. Soon, with the help of his four-legged friend, Spencer will no longer have to ask someone for help to perform routine daily tasks—his life-changing gift will provide the independence he needs and deserves. More information about Canine Assistants can be found at www.canineassistants.com.

Kaiser Offers Sliding Scale Health Insurance for Those Under 34

Kaiser Permanente has launched a new website, www.FindYourPlan.org, to guide Coloradans to available and affordable health care options. The website provides information and an application for both Medicaid and Colorado's Child Health Plan Plus.

In addition, Kaiser is offering the KPStep Plan with greatly reduced rates for up to 24 months to eligible individuals who otherwise could not afford health care. Monthly premiums are based on family size and income. The coverage includes a free health risk appraisal, preventive services, hospitalization and pharmacy benefits. KPStep monthly premiums start at \$18.15 for one person and \$36.30 for a family, based on family size and income (premiums are subject to change).

To be eligible, individuals must be ages 0-34, live in the Kaiser Permanente Denver metro service area, and otherwise could not afford health care. In addition, applicants cannot be pregnant at time of application and cannot be eligible for an employer-sponsored health plan where the employer pays at least 50 percent of the cost of coverage.

Call 1-800-659-2656 or visit www.FindYourPlan.org. A PDF file is posted at www.FrontPorchStapleton.com showing income guidelines and rates.

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DISCLAIMER: The Front Porch obtains event information through websites and press releases and cannot guarantee that events will occur as listed. Please use contact information to check for updates.

DENVER METRO EVENTS

Art Walks and Exhibits:

- 11/4 Friday- Santa Fe Arts District.** Santa Fe Dr. between 10th and 6th. www.artdistrictonSantaFe.com
- 11/4 Friday- North Denver's Tennyson Art Walk.** Tennyson St. and 44th Ave. www.denverartwalk.squarespace.com
- 11/4 Friday- Old South Pearl Art Walk.** www.oldsouthpearlstreet.com
- 11/4 Friday- Cherry Creek Arts District.** www.cherrycreeknorth.com
- 11/4 Friday- Highlands Square First Friday.** 32nd and Lowell, North Denver. www.highlands-square.com
- 11/11 Friday- Aurora's East End Second Friday Art Walk.** Gallery openings, music, theater, food and more. 5-8pm. Map to all venues at Fletcher Plaza/MLK Library (E Colfax at Elmira).

Through 12/31- Across the Great Divide, A Photo Chronicle of the Counterculture. Denver Central Library, 10 W 14th Ave Parkway, Western History Art Gallery, Level 5.

Free Wednesday Activities for Seniors. 1st Wed., 10am, crafts/light lunch; 2nd Wed., 12pm, big lunch/entertainment; 4th Wednesday, 12pm, light lunch/bingo. RSVP: 303.439.7554 for big lunch, 303.807.0619 for others. Bosworth House, 1400 Josephine St. Sponsor: Assistance League of Denver

11/2 Wednesday to 11/5 Saturday- Denver International Wine Festival. 4-day celebration of wine and food; 400 wines from around the world. 303.664.5700, www.denverwinefest.com

11/2 Wednesday to 11/14 Monday- Starz Denver Film Festival. www.denverfilmfestival.org

11/4 Friday to 11/6 Sunday- Colorado Ski and Snowboard Expo. Tickets \$12, under \$12 free. Colorado Convention Center, 700 14th St, downtown Denver. Tickets: www.skisnowboardexpo.com

11/4 Friday to 11/12 Saturday- Denver Arts Week. Celebrates Denver-area cultural scene and vibrant arts with over 200 events. Art walks; 12+ museums host extra hours Sat. night, Nov. 6; weeklong deals, discounts and special performances. Events at www.denver.org/Denver-ArtsWeek.

11/5 Saturday- Denver Veterans Day Parade. With a flyover, cannon and gun salutes. 10am. Civic Center Park. Broadway and Colfax Ave. 720.913.0630

11/13 Sunday- 24th Annual Brown Palace Champagne Cascade. 12pm. Champagne is poured from top of 12-story tower of 6000 glasses. Floors 4-7 open to

public. FREE. VIP packages available.

www.brownpalace.com/champagne_cascade

11/13 Sunday- Athena Festival. Creativity, spiritual sciences, women's issues, healing arts, relationships, psychology and mysticism. \$5. Ramada Plaza, I-25 ant 120th Ave, Thornton. 11am-5pm. www.athenafestival.com

11/21 Monday- Colorado Federation of Garden Clubs. Meets 3rd Monday of month; for all interested gardeners. 7pm. 1556 Emerson St. Contact Ellen: 303.320.5983

Single Volunteers of Greater Denver. Visit www.svgd.org for volunteer opportunities for singles: local projects, charitable social events and working vacations abroad.

Live Music at The Soiled Dove. 7401 E 1st Ave, Lowry. Tickets: www.soileddove.com

Denver Public Art Tours. FREE tours, on foot, bike, scooter, for art and architecture lovers. Reservations required. Schedule/signup: www.denvergov.org/publicart. Also download PDF of Denver's Public Art Guide.

Denver 2 for 1 Tix provides weekly 2 for 1 ticket and admission discounts for metro Denver arts and entertainment. www.denver2for1tix.com

HOLIDAY EVENTS

11/11 Friday-11/13 Sunday- Botanic Gardens Holiday Sale. 9-5 Fri. and Sat.; 9-2 Sun. Free admission to sale and gardens. www.botanicgardens.org

11/17-19- Denver School of the Arts Fall Dance Concert- "Destinations." Babysitting Available Friday the 18th (fundraiser for Stagecraft Department). Tickets are \$18 / \$12 seniors and students, 7pm in the Kay Schomp Theatre, for more information on tickets/babysitting go to dsa.dpsk12.org/performances.

11/18 Friday and 11/19 Saturday- L'Esprit de Noel Holiday Home Tour. Benefits Central City Opera House Assoc. with homes in Morgan Historic District 10am-4pm. Tickets: www.centralcityopera.org

11/25 Friday-12/23 Friday- Christkindl Market. 11-7 Sun-Wed; 11-9 Thurs-Sat. Denver Skyline Park. www.denverchristkindlmarket.com

11/25 Friday- Downtown Denver's Grand Illumination. Kick off holidays with lighting of downtown. FREE. 5:30. Union Station and 16th Street Mall. 720.865.3500 www.downtowndenver.com

11/26 Saturday-12/24 Saturday- The Nutcracker. Presented by Colorado Ballet. Tickets: www.coloradoballet.org

11/25 Friday- 9News Light the Lights. City and County Building. 6:30pm. www.downtowndenver.com

11/26- Southwest Rink at Skyline Park. FREE ice skating in downtown Denver; bring skates or rent a pair. www.downtowndenver.com

12/2 Friday and 12/3 Saturday- 9News Parade of Lights. Marching bands, giant balloons, floats. Friday 8pm and Saturday 6pm. FREE. Parade info: www.downtowndenver.com

12/2 Friday-11/2012 Sunday- Denver Botanic Gardens Blossoms of Light. 5:30-9:30pm. Denver Botanic Gardens. 1007 York St. 720.865.3514, www.botanicgardens.org

12/4 Sunday- Denver Brass, I'll Be Home for Christmas. 2:30pm. Plymouth Congregational Church, 3501 S Colorado Blvd, Englewood. FREE/Donations suggested. www.denverbrass.org

12/3, 12/4, 12/10, 12/11 Saturday and Sunday- 51st Annual Georgetown Christmas Market. European-type market: handcrafted gifts, carolers, horse-drawn wagon rides, roasted chestnuts, and St. Nicholas. 10am-6pm. FREE. www.historicgeorgetown.org/spevents/xmarket.htm

12/3 Saturday- Snack with Santa. Denver Children's Museum, 10am-1pm, FREE with museum admission. www.mychildsmuseum.org

12/16 Friday-12/18 Sunday- Denver Gay Men's Chorus Holiday Concert. L2 Arts and Culture Center (1477 Columbine St at Colfax Ave. Tickets: www.rmarts.org

HEALTH AND WELLNESS

11/17 Thursday- HIV testing at Rocky Mountain Cares nonprofit for holistic HIV care. FREE. 1-5pm. 3rd Thursday monthly. 4545 E 9th Ave, #120. 303.393.8050, Adrian Pilarski

LECTURES AND DISCUSSIONS

Active Minds - Info on these and other sessions: www.ActiveMinds.com. FREE.

11/7 Monday- India: A Story of Contrasts. 10:15-11:15am. Jewish Community Center. 350 S. Dahlia St. Lil Shaw: 303.316.

11/10 Thursday- Al Qaeda. 7pm. Stapleton Master Community Assoc., 2823 Roslyn St. RSVP: 303.388.0724.

11/15 Tuesday- The Soviet Union: The Road After Collapse. 10am-12pm (10:45 refreshments). Temple Emanuel, 51 Grape St. RSVP: Jodi, 303.388.4013 x307

11/22 Tuesday- Women of Denver History. 5:30-6:30pm. Tattered Cover, 2326 East Colfax. 303.322.7727

LIBRARIES

For more library programs, check events calendar at denverlibrary.org. All branches closed Friday 11/11 for Veterans Day and Thursday 11/24 for Thanksgiving.

RECURRING EVENTS

2nd Tuesday
Parks Advisory Group, 7:30am, 7350 E. 29th Av, 3rd fl. Lcorrell@dotnet.net

3rd Tuesday
Greater Stapleton Business Assoc. 8am MCA, 2823 Roslyn St www.stapletonbusiness.com 303-393-7700

4th Tuesday
Adoptees in Search General Meeting, 7:30 - 9pm; Montview Presby. Church, Study Group Room. AISCTC.org 303-232-6302

Every Wednesday
Weekly Weeders, Bluff Lake Nature Center 9am-12pm, 303-945-6717

2nd Wednesday
Adoptees in Search Support Group, 7-8:30pm; Montview Presby. Church, Robinson Rm. AISCTC.org 303-232-6302

2nd Wed. (Odd-numbered mos.) SUN Transportation Committee 6:30pm MCA 2823 Roslyn St. stapletonneighbors@msn.com

2nd & 3rd Wednesday
Lowry Peak Speakers Toastmaster Club. Noon-1pm, Pinnacle Assurance: 7501 E. Lowry Blvd, Denver 80203 lpstoastrm@msn.com

3rd Thursday
Stapleton Citizens Advisory Board Mtg. 7350 E. 29th Ave. 7:30-9am 303-393-7700

1st Saturday
Bluff Lake Birders, Nature Center 7-9am. BluffLakeNatureCenter.org. Neighborhood Partners Environmental Team 9am-Noon. Contact Lcorrell@dotnet.net for info.

2nd Saturday
NE Denver/Park Hill MS Self-Help & Support Group, Dist. 2 Police Station, 10:15-11:45am 3821 Holly St. 303-329-0619

Periodically
Stapleton Wine Appreciation Group. meighanm@aim.com

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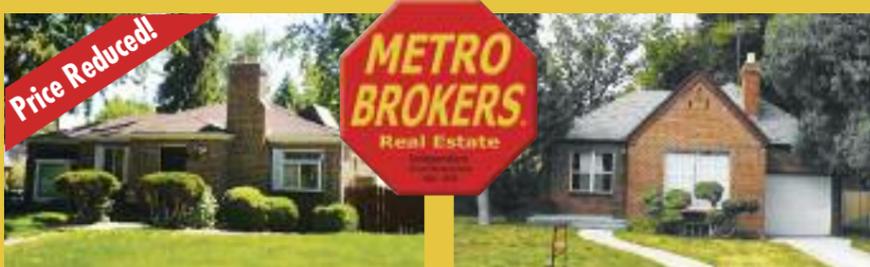


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Park Hill Library, 4705 Montview Blvd. 720.865.0250. Closed Mondays, Wednesdays and Sundays.

Thursdays- All ages storytime. For kids who can sit and listen to stories and participate in songs. 10:30am.

Thursdays and Fridays- Book Babies. For babies 6-23 months with parent/caregiver. Share books, songs, finger plays. 11:15am. Please attend only ONE session/week.

Fridays- Tales for Twos. Storytime for 2-year-olds and caregivers. Stories, songs, movement activities. 10:30am.

11/12 Saturday- National Gaming Day. 2-4pm, Park Hill Library community room. Wii projected on wall, board and card games; all ages.

Schlessman Family Library, 100 Poplar St (1st and Quebec). 720.865.0000. Closed Wednesdays and Fridays.

Tuesdays- All Ages Storytime. 10:30am

11/5 Saturday-Colorado Authors Series: Carrie Vaughn: Kitty Norville Series. 11am.

11/12 Saturday- Colorado Authors Series: Michael Altman: No Simple Highway. 11am.

11/20 Sunday- Colorado Authors Series: Kyrie Collins: Playdate With Denver. 2pm.

12/3 Saturday- Soda Can Jewelry and Ornaments. 2pm.

KIDS AND FAMILIES

November Thursdays- Star K Kids. Puppets, stories, activities, outdoor explore for ages 5 and under. 9:30 & 11am. Morrison Nature Center, 16002 E Smith Rd, Aurora. 303.739.2428, www.auroragov.org/nature

11/4 Friday and 11/5 Saturday- 38th Annual Holiday Festival and Doll Tea. Colorado Community Church, 3651 S Colorado Blvd. 303.703.4848. \$3; under 6 free.

11/5 Saturday- Home Depot Kids Workshop. 9am-12pm. FREE how-to clinics the first Saturday of month for kids ages 5-12. Each child receives a Home Depot apron, wooden project and project pin. Metro-area Home Depot stores. www.homedepot.com

11/8 Tuesday- Yo Gabba Gabba Live! 4pm. Broomfield Events Center. Tickets \$25+. www.tickethorse.com

11/9 Wednesday- "Create Playdates" at Denver Art Museum. Kids 3-5 roar, bang, stomp 2nd Wed/month, 10am. Art making, story times, scavenger hunts. Included in museum admission. Denver Art Museum, 100 W 14th Ave Pkwy. www.denverartmuseum.org or 720.865.5000

11/12 Saturday and 11/26 Saturday- Lowe's Build and Grow Kids Clinics. Bring kids to a Lowe's store to build FREE wooden project; get free apron, goggles, project-themed patch and certificate of merit on completion. 10am. www.lowesbuildandgrow.com

11/13 Sunday- Junior Rangers, Hibernation. Morrison Nature Center, 1:30-3:30pm. Ages 6-12. 16002 E Smith Rd, Aurora. Reservations required: 303.739.9428, www.auroragov.org/nature

12/3 and 12/10 Saturdays- Young Entrepreneurs Marketplace. 10am-2pm. 3550 E First Ave. FREE. www.yacenter.org/YEM. 401 S. Pierce, Lakewood.

Through 11/27- Hansel and Gretel. Denver Puppet Theatre, 3156 W 38th Ave. Tickets: \$7 ages 3 and up. 303.458.6446, www.denverpuppettheater.com

Tiny Tots Love Music- Denver Brass. Various dates and locations: www.denverbrass.org

KIDS CAMPS AND CLASSES

Aurora Fox Theater- Drama classes ages 4 and up. Lisa Mumpton: 303.739.1573 or www.aurorafox.org

Art Students League of Denver- Programs for kids and teens. 303.778.6990, www.ASLD.org

Small Hands Art Studio- Located in Stapleton! www.smallhandsart.com

Start Art- Startartkids.com

The Art Garage- Classes ages 4 and up. 6100 E 23rd Ave, Park Hill. www.artgaragedenver.com

Stapleton All Sports- www.stapletonallsports.com or Gabe Hurley: stapletonallsports@gmail.com

The Urban Farm- Embracing Horses; info@theurbanfarm.org

Club J- After-school programs at Jewish Community Center for kids grades K-5. www.jcc.org

DENVER MUSEUM OF NATURE AND SCIENCE

Montview and Colorado Blvd. www.dmns.org

Through 1/8/2012- T-REX Encounter.

11/17 Thursday- Science Lounge. Cocktails/entertainment every 3rd Thurs. of month. 6:30-9:30pm. \$8/members; \$10/nonmembers

Gates Planetarium- Journey to the Stars; Black Holes; Cosmic Journey; One World, One Sky. www.dmns.org/planetarium/current-shows

IMAX Movies- Born to Be Wild 3D; DinoMAX 3D Double Feature; Under the Sea 3D. Various times. Tickets: \$8/3-18; \$10/adult

NORTHFIELD EVENTS

Events at The Shops at Northfield Stapleton- 303.375.5475, www.NorthfieldStapleton.com **The new I-70 exit, Central Park Blvd., is now open.**

11/25- Black Friday Shopping Hours: 8am-9pm (department store, restaurant and theatre hours may vary)

11/25- Complimentary Horse & Carriage Rides: 8am-4pm. Pick up at Bass Pro Shops and drop off at Northfield's Main Street.

Bass Pro Events - 720.385.3600, www.BassPro.com Visit website for hunting, fishing and marine seminars offered throughout the month.

11/5 - Santa's Workshop opens

Improv Comedy Club and Dinner Theatre - Tickets: 303.307.1777, www.ImprovDenver.com

Check website for or call for all comedians and show times.

Toby Keith's I Love This Bar and Grill - 303.728.9468, www.countrybarco.com

Check website or call for all bands scheduled. National acts: 11/10-James Wesley; 11/18-Inaugural Anniversary Bash

ROCKY MOUNTAIN ARSENAL NATIONAL WILDLIFE REFUGE

Reservations required for events marked** at 303.289.0930. Free unless noted. Hours: Tues.-Sun., 7am-5pm. Visitor Center: Tues.-Sun., 9am-4pm. Refuge closed all federal holidays. Directions to Refuge: www.fws.gov/rockymountainarsenal/ Wednesdays, Saturdays, Sundays- Wild Rides,** 9:30-11:30am. 2-hour guided viewing tour.

Tuesdays, Saturdays and Sundays- Refuge Fishing. 6am-6pm. Catch/release fishing at Lake Mary and Lake Ladora. Signed permit and Colorado fishing license for anglers 16 or older plus \$3/day fee required.

Saturdays- "Wild" Talks. 1pm. Join a naturalist every Saturday for 10-minute mystery "wild" talk.

Sunday Matinees: Nature movie every Sunday at 1pm. Families welcome.

To submit information for the Front Porch "Local Event" Listings

Email information in the following format by the 15th of the month to FrontPorchEvents@gmail.com. Events will be run subject to space available.

Date in numerical format (mm/dd), day of week- Name of Event. A one- or two-sentence description. Time. List cost or if free. Location. Contact information.

Press releases for suggested stories should be sent separately to FrontPorchStapleton@gmail.com

SPORTS AND FITNESS

11/5 Saturday- Home for the Holidays 5K. 9-11am. Denver City Park. www.homefortheholidays-5K.org

(continued on page 18)



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LOCAL EVENT LISTINGS

(continued from page 17)

11/19, Saturday- 5th Annual Gobble Wobble. 5K Race/Walk and Family Fun Run. Food, music and turkey bowling. McDonalds Kids Sprint at 8:45am; free for 5 yrs. and under. 9am; registration at 7:45am. \$25/adults, \$15/children over 6. GVR Golf Course- 4900 Himalaya Rd. Register: RunningGuru.com. More at MyGVR.org
11/24 Thursday- Mile High United Way Turkey Trot. Washington Park, 10:15am. Register: www.unitedwaydenver.org

STAPLETON/PARK HILL/LOWRY EVENTS

Central Park Recreation Center- Info: www.denvergov.org/recreation or Facebook Central Park Recreation Center.

11/4 Friday to 11/6 Sunday- Park Hill Art Club 2011 Winter Show and Sale. Over 1,000 unframed and 200 framed pieces of original art. Reception Friday 4:30-8pm; Saturday 10am-6pm; Sunday 9:30am-4pm. Park Hill United Methodist Church, 5209 Montview Blvd.

11/6 Sunday- Puppy Up! Denver Walk & Festival. 2 Million Dogs Foundation 2-mile walk fundraiser for canine/human cancer research. Register/check-in: 8-10am; ceremony/walk, rain/shine: 10am-2pm. Stapleton at MLK Blvd. between Central Park Blvd. and Beeler St. Booths, demos, music, contests, prizes, food. \$35/person day of; http://2milliondogs.org/.

11/12 Saturday- Stapleton Blanket Group. Provides homemade blankets to ill, traumatized or otherwise in need children. No sewing experience required. Meets 2nd Saturday of month at 2638 Florence from 9:30-11:30am. 303.953.9679

11/17 Thursday-11/19 Saturday- Denver School of the Arts Fall Dance Concert, Destinations. 7pm. Kay Schomp Theatre. Babysitting available 11/18 Fri.; fundraiser for Stagecraft Dept.). Tickets: \$18/\$12 seniors and students. For info on tickets/babysitting/other performances: www.dsa.dpsk12.org/

11/18 Friday-be well awards and community event. Participate in transforming the health of our neighborhoods. 5:30pm dinner, 6-8pm program. Special guest, Mayor Michael Hancock. Stapleton Discovery Center, 7706 MLK Blvd (SE corner MLK & Syracuse). RSVP to ljoseph@StapletonFoundation.org or call 303-468-3223.

SCHOOLS AND EDUCATION

11/9 Wednesday- St Elizabeth's School Admissions Open House. School tours/admissions info. Enrolling K-5 for 2012-13 school year. 9am-1pm. 3605 Martin Luther King Blvd. (west end of Clayton Campus). www.stelizabethsdenver.org. 303.322.4209

11/14 Monday-11/18 Friday- Shadow at Smiley Middle School. 5th-graders invited to shadow at the school. Info: http://smiley.dpsk12.org/about/shadowing/. Contact: Julieann Trujillo, 720.424.1624, to set appointment.

11/18 Friday- Westerly Creek Elementary Open House. 9:30-10:30am. School tour, coffee/ bagels, presentations by principal and PTA. Call Vice Principal Marnie Moody-Cooke or Principal Jill Corcoran at 303.322.5877.

11/19 Saturday-Dancing with the Stars. 8:30pm Denver Language School Fundraiser at Four Seasons ballroom. 303.557.0852.

THEATRE

11/2-12/4- The Lion King. Buell Theatre, 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org

Through 11/6- Ignite Theatre Presents A Chorus Line. At Aurora Fox Theatre. 9900 E. Colfax. www.ignitetheatre.com, 720.362.2697. www.aurorafoxartscenter.org, 303.739.1970

11/11-1/8/2012-Avenue Q. Vintage Theatre, 2119 E 17th Ave. 303.839.1361, www.vintagetheatre.com

11/16-12/31- Girls Only, the Secret Comedy of Women. Garner Galleria Theatre, 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org

11/18-12/18- Escanaba. Aurora Fox Theatre, 9900 E. Colfax. www.aurorafoxartscenter.org, 303.739.1970

11/18-12/17- A Christmas Twist. Firehouse Theater Company at John Hand Theater, 7653 E 1st Pl., Lowry. 303.562.3232, www.johnhandtheater.com

11/25-12/24- A Christmas Carol. Stage Theatre, 14th and Curtis, Denver Center for Performing Arts. www.denvercenter.org

11/25-12/24- Santa's Big Red Sack. Avenue Theater. 417 E. 17th Ave. 303.321.5925, www.avenuetheater.com

Through 12/30- The Musical Adventures of Flat Stanley. Arvada Center, 6901 Wadsworth Blvd. 720.898.7200, www.arvada-center.org

More Events...

Nov. 1-Dec. 12—Denver Santa Claus Shop Toy Drive

The Denver Santa Claus Shop collects and provides free toys to children in need each holiday season. Drop off NEW toys at area King Soopers stores from November 1-30 and gently USED toys from December 1-11 or bring toys to 9Cares Colorado Shares on Saturday, Nov. 12. Help make the holidays happier for all children! Visit www.denversantaclaussshop.org to make a cash donation, organize your own toy drive, more information, etc.

Nov. 1-30—Keeping Colorado Warm, Used Coat Drive

Between November 1 and November 30, drop off gently used or new coats that will be distributed to homeless shelters and other charitable organizations. Drop off coats at Jessika Aerni State Farm Agency, 7505 E. 35th Ave., Suite #305 in Quebec Square (next to Pet Smart). Questions? Call 303.377.5433.

Nov. 4-12—Denver Arts Week to Celebrate with 200 Events

Celebrate Denver area's vibrant arts and cultural scene with eight days of art walks, free "Night at the Museums," cinema, music, dance, art shows and food and a chance to interact with the artists at theaters and 100 art galleries throughout metro Denver. On First Friday, Nov. 4, Cherry Creek N., the Golden Triangle Museum District, Art District on Santa Fe, Navajo Street Arts District, Tennyson St. Cultural District, RiNo, Downtown Denver/LoDo and Belmar Block 7 will participate, with some art at the "mile high" price of \$52.80.

On Saturday, Nov. 5, more than a dozen Denver and Golden museums will be free and open until 10pm. Throughout the week enjoy Denver On Stage with 40 performing arts groups offering theater, dance and music, both free and at special discounts. The Starz Denver Film Festival runs Nov. 2-13 with screenings, premieres, seminars and red carpet events. For a listing of the multitude of activities, go to www.denver.org/denverartsweek.

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More Events...

Nov. 5–26—Stapleton Community Food Drive for Food Bank of the Rockies

Between Nov. 5 and 26, everyone is encouraged to help fight hunger by dropping off nonperishable food items in barrels located at these local Stapleton-area businesses and schools: New Perspective Real Estate, Bill Roberts School, Bladium Sports & Fitness Club, Blue Creek health spa, Stapleton Fellowship Church, The Odyssey School, and 1st Bank. New Perspective Real Estate is sponsoring this food drive for Food Bank of the Rockies. Questions? Call 303.394.4526.

Nov. 15—Community Update on Construction of Rail to DIA

Work is well underway on the Commuter Rail Line from Denver Union Station to Denver International Airport. Get updated at a community "open house" on the construction schedule, accomplished milestones and what to expect in the coming year. The meeting will be held Tuesday, Nov. 15 at Central Park Recreation Center, starting promptly at 6:30pm and lasting up to 1.5 hours, depending on questions. Light refreshments will be served. For more info, email Joshua.solis@Dtpjv.com. Sponsored by RTD and Denver Transit Partners.

Nov. 17–19—DSA Fall Dance Concert

The Denver School of the Arts (DSA) Fall Dance Concert, Destinations, will be performed Thursday to Saturday, Nov. 17–19 at 7pm in the Kay Schomp Theatre at DSA. Babysitting by Red Cross-certified babysitters is available Friday the 18th as a fundraiser for the Stagecraft Department (\$20 first child/\$10 additional child). Tickets are \$18/\$12 seniors and students. Visit dsa.dpsk12.org/performances.

Jack & Jill of America Seeks Kids with Products to Sell at Dec. 10 Marketplace—Register by 11/18

The Jack & Jill of America Inc. South Suburban Denver Chapter invites everyone to

Pumpkin Patch Time



Photo by Adrian Dubaldo

Stapleton's annual pumpkin patch event was held October 16, the final day of the Farmer's Market. Alejandro Federico, 3, crawls among the pumpkins.

support young entrepreneurs at the 3rd Annual Kid's Marketplace at Denver's Clayton College, Saturday, Dec. 10, from 10am–2pm. The Marketplace gives community youth, ages 4–18, an opportunity to demonstrate self-employment skills by showing and selling their innovative products such as desserts, jewelry, flower pots, handmade cards, holiday items and other items. Jack and Jill of America was founded in 1938 by Philadelphia moms to ensure their children were given cultural, educational and recreational opportunities to improve their quality of life and prepare them for adulthood.

Children wanting to participate should complete and submit—by Nov. 18—a Vendor Marketplace Application with a \$15 booth rental fee to: JJSSDC, PO Box 462163, Aurora, CO 80046. The rental includes a six-foot table and two chairs. Clayton College is located at Martin Luther King Blvd. and Colorado Blvd. For info/vendor applications, contact Tammi Holloway at 303.564.8308 or tammiholloway@gmail.com. More on the local Jack & Jill at www.jjssdc.org/about.html.

Nov. 19 and 20—The Sugar Plum Bazaar

The Sugar Plum Bazaar will be held on Saturday and Sunday, Nov. 19 and 20, at the historic Parkside Mansion in the City Park neighborhood. Over 30 Colorado small-business artisans will sell boutique jewelry, clothing, gifts, re-purposed retro, vintage, unique finds and handmade creations in a festive setting. Other treats include live jazz piano, goodies to eat, and holiday decor for sale such as poinsettias. Visitors to local fairs, such as Stapleton's Sweet William Market, will recognize the creative work of this event's managers among the wearable pieces being sold. There is no entrance fee. The bazaar is partnering with Ronald McDonald House Charities and holiday shoppers are encouraged to make a small donation upon entering. Hours: 11am–5pm on Saturday; 10am–4pm on Sunday. The Parkside Mansion is at 1859 York St. For more info, including a vendor list, visit www.sugarplumbazaar.com.

Christmas Carolers for Holiday Events

Groups of three to five high school students from the Denver School of the Arts (DSA) vocal music department are available for Christmas caroling at corporate parties and/or meetings, private parties, special functions or gatherings. Songs are traditional Christmas selections and will be performed a cappella (without instruments). All performances are fundraisers for the students' vocal training and performance trips taken by the department throughout the year. The recommended contribution is approximately \$250 for two hours of singing; all honorariums to DSA are tax deductible. DSA is located at 7111 Montview Blvd. For info or to book a group, contact Stacy Garcia at 303.458.5976 or stacy_garcia@dpsk12.org.

Coyotes

(continued from p. 11) nearby neighborhoods. She says people have told her they've seen these same types of animals walking boldly down the street.

"The farm's mission is about agricultural and environmental education so we spend a lot of time talking to the kids about how important it is as a dog owner that you not let your dogs run free and potentially breed with the coyotes.

"This is a new development to have more aggressive movement toward humans. It's always been relative to the livestock. But with humans as part of the equation we're seeking other advice about what to do." Garnett says the Urban Farm has talked to the Division of Wildlife and Councilman Chris Hernandez's office about this issue.

The Urban Farm is located at 10200 Smith Road, just west of Havana. Animals on the farm include horses, cows, goats, sheep, pigs, rabbits, chickens and turkeys. Among the farm's programs are: 4-H, field trips for school kids, horseback riding lessons, and summer programs. For more information visit www.theurbanfarm.org.

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Premium Fishwrap* by Jon Meredith

Why Thanksgiving Is America's Favorite Holiday

Why is Thanksgiving America's favorite holiday? According to a recent Harris Poll of 1200 Americans, it is not. Christmas is currently polling as this country's favorite holiday. However, I am disregarding Christmas because it is helped by billions and billions of marketing dollars, so poor, deprived Thanksgiving doesn't have a chance of beating the marketing behemoth. In the Harris Poll, Thanksgiving was a very close second and well within the margin of error. Furthermore, no one hates turkey day like they do Xmas, so if the poll changed to which holiday Americans loathed most, Christmas would no doubt win as well. Finally, some folks don't even celebrate Christmas so how can it be America's favorite.

Surprisingly, Halloween finished third, getting more and more help from marketers every year. I never thought of Halloween as a big beer drinking day, but our friends in the suds business have turned it into one. You won't see Bud Light doing a commercial giving you the idea that bringing an extra case or two over to mom's house for Thanksgiving would be a good plan.

Do Americans like Thanksgiving because any time we get a chance to overindulge without a hint of guilt, we love it? Do we like it because most of us don't have to do anything except

show up and chow down? Do we actually really enjoy all of our dysfunctional family members because being around them makes us feel better about ourselves?

What is more American than good food and drink around a table of friends and family. It is the ultimate day of cooking, giving any foodie a chance to show off their skill or lack thereof. The day begins with the preparation of the bird, then a full day of making side dishes, gorging, then cleaning up, a walk (like you can burn off the 250,000 calories you just ate by walking), followed by re-gorging. The gorging continues with the leftovers right up until all the bones on the turkey are clean, the stuffing and mashed potatoes are gone, the cranberry sauce bowl is clean and put away for another year, and the pies are mostly consumed except for the tiny slices left in each because company is afraid to take the last piece.

Everyone has a Thanksgiving story about what went wrong in the kitchen or the uncle who had way too much scotch to drink or the child who stuck his hand in the pumpkin pie. Mine are about the

time I dropped the turkey on the floor or the time when someone asked me to cook a turducken. For those folks who may not know, a turducken is a chicken stuffed inside a duck that is stuffed inside a turkey. Preparing it is like reversing childbirth twice.

How come the rest of the year goes by and I never think, "Oh, I think I'll stuff a nice turkey tonight with some mashed potatoes, gravy and string beans." I never have that urge in October or any other month. Face it, the only time that overstuffed combo platter works is on the fourth Thursday in November.

I believe Americans like Thanksgiving because it is the least hyped-up holiday of the year. Most stores are closed, very few have to work, you don't have to buy any gifts, there is no obligation compelling one to attend church, the weather almost always is overcast and grey, you are home in bed at a reasonable time overloaded with tryptophan and consequently you sleep like a baby.

Jon Meredith lives in Stapleton. He can be reached at jon.meredith@q.com.

**Fishwrap is a slang term that started in the '30s and refers to the transient value of yesterday's newspaper.*

Put Your Name on a Paver at Stapleton Library

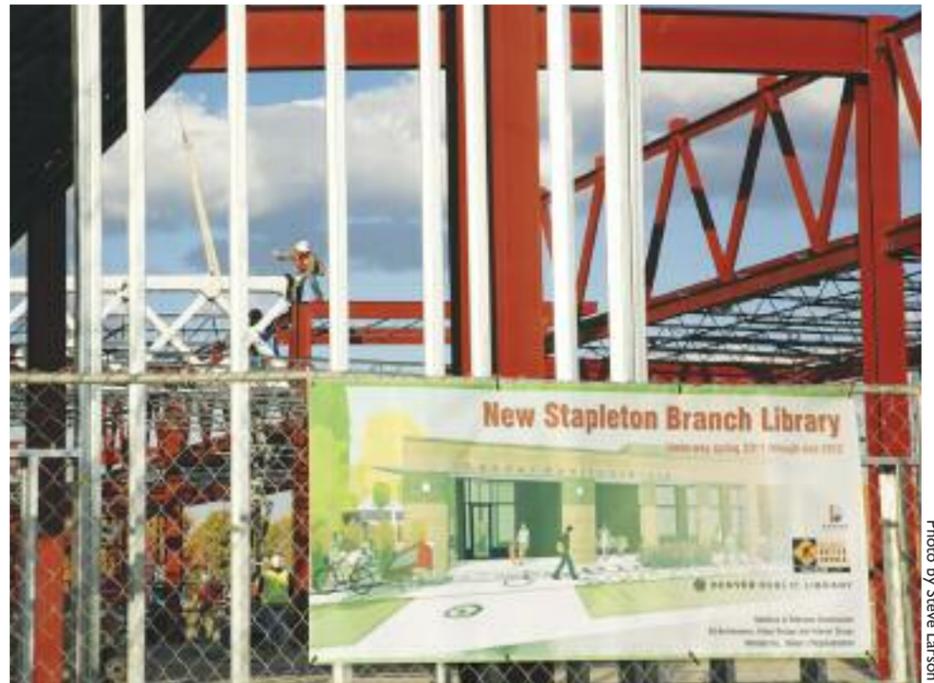


Photo by Steve Larson

The Stapleton Library is starting to resemble the rendering.

By Jen Morris, Denver Public Library
Get a Memorial Paver

Memorialize your family or business on a sandstone paver outside of the new Stapleton library, due to open mid-2012. A walking path will wind by the front of the library, providing a place for visitors to play or reflect. Names and messages will be engraved on red pavers on this path. Proceeds will be placed in a Branch Discretionary Fund to ensure the quality of programming, materials and facility for years to come.

Costs—A 4"x 8" Individual Paver with 3 lines of text (20 characters per line) is \$125. A 12"x12" Family Paver with 5 lines of text (30 characters per line) is \$500. A 12"x12" Corporate Paver with a graphic of your logo now has a "NE Denver Corporate Paver Special" price of \$1000 (regular price \$1500).

Tax credits—The branch at Stapleton was approved as an Enterprise Zone Project by the Colorado Economic Development Commission. Qualifying donations of \$100 or more may be eligible for a state tax credit of 25% of the donation up to \$100,000, depending on your tax situation. Consult your tax advisor for details.

To purchase a paver, contact Brenda Ritenour at 720.865.2046 or brittenour@denverlibrary.org.

Suggest a Name for the New Stapleton Library

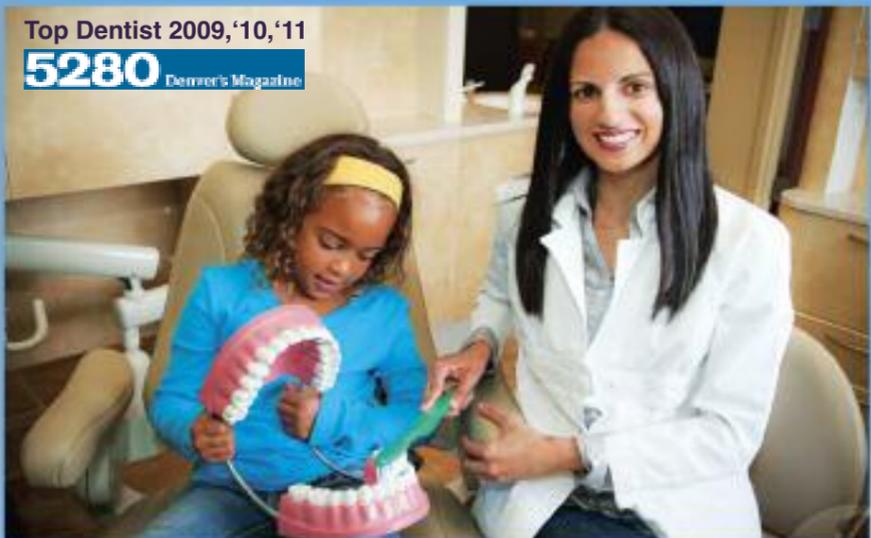
The community is invited to suggest names for the new branch library at Stapleton. All ideas will be considered, including names of individuals, groups, geographic locations or other entities.

In 500 words or less, submissions should describe why the name should be considered. For individuals, include examples of extraordinary service and why they merit special recognition. All suggestions should include contact information for the person formally submitting the recommendation.

Submissions accepted through Monday, November 28, 2011. Submit by: email to dpcommunity@denverlibrary.org; fax to 720.865.2081; or mail to: Denver Public Library, Community Relations, 10 W. 14th Ave Pkwy, Denver, CO 80204-2731. For more, visit www.denverlibrary.org/content/community-invited-suggest-names-new-branch-stapleton or contact Brenda Ritenour at 720.865.2046 or brittenour@denverlibrary.org.

The Library Commission will discuss the branch name at their December 21 meeting.

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Take a Hike by Marko and John Babiak Northfield's Flying Tigers

At the absolute northernmost edge of the Stapleton development, just beyond where the manicured Kentucky bluegrass soccer fields at Dick's Sporting Goods Park are married with a piece of urban prairie that has not yet been touched by a bulldozer's blade, is a tranquil habitat for great horned owls. Rising from the parched soil are a trio of lonely cottonwood trees. The tallest is where you can see a simple stick nest wedged into an elbow of the elderly tree. This past summer the inconspicuous nest was home to three great horned owlets and a pair of adults.

Birdwatchers often compare great horned owls to tigers. Their striped plumage, erect tiger-like tuft ears, piercing eyes and menacing face resemble the distinct physical features of the savannah cat. As hunters, there is little difference between these powerful creatures. Great horned owls are silent, swift and lethal birds of prey.

They leverage their excellent vision and acute hearing when on the prowl for food. The great horned owl's eyes are estimated to be 100 times more accurate than ours. Powerful lenses can magnify their prey over long distances. An owl's large eyes are disproportional to the size of their skull. If humans had eyes in proportion to the size of owl's eyes, they would be as big as softballs. Like humans, owls have wide-angle binocular vision and see in 2-D. Large bony rings protect the forward-facing eyes. Owls turn and bob their heads to help them judge distances. To look to the side, behind or up and down, owls must turn their heads. Fourteen highly flexible neck bones enable the owl to swivel its head a full circle and a half.

Ornithologists believe that great horned owls use their sensitive hearing even more than their keen eyesight. They can hear the rustling of leaves, high-pitched squeaks or a rodent stepping on a twig from 80 feet away. Two facial disks collect and funnel sound waves toward two irregularly sized, offset ear canals that are hidden beneath feathers behind the bird's eyes. The holes are protected by skin flaps. The discs, flaps and soft, flat feathers can focus incoming sounds from different directions. This allows the owl to determine the exact direction and distance of the sound.

To hunt, a great horned owl will perch motionless in a tall tree. When it spies or eavesdrops on an animal, it swoops down and flies just above the surface of the ground. As it gets closer to its prey, it stops beating its wings and glides in for the kill. Owl's flight feathers have soft leading edges that help soundproof their aerial attack.

To capture its prey, whether it's a skunk, prairie dog, domesticated cat, song bird or mouse, the owl deploys vise-like talons to snag its victim. Ten times stronger than a human's hand grip, their clench applies nearly 500 pounds of pressure per square inch through razor-sharp claws. Once an animal is in the owl's grasp, it rarely escapes. The owl will either swallow its catch whole or tear it into pieces with its scissor-like beak. Either way it consumes the entire body. Undigested body parts including bones, teeth and hair are compressed



A juvenile great horned owl perched in a cottonwood tree at dawn stares down his photographer. Photo by Marko Babiak

into a neat pellet in a gizzard, regurgitated and then tossed beneath its nest.

As sedentary as owls are, they are often found out by other birds, in particular "mobbing" birds who appropriately feel threatened by the owl's presence. Blackbirds and jays collectively harass roosting or flying owls in hopes of driving them away from their territory.

Great horned owls do not like intruders, including humans. When they feel threatened, they first raise their ear tufts to express their anger, then spread their wings and puff up their feathers to make themselves appear larger. Finally they hiss like agitated tigers. So give a hoot and show respect to these mysterious creatures. Give them space and use your binocular vision to not cause undue stress.

Marko and John Babiak are Stapleton residents. Marko, 11, is an avid wildlife photographer. John as an enrichment teacher and teaches ecology classes. He can be reached at NatureRangerJohn@aol.com.

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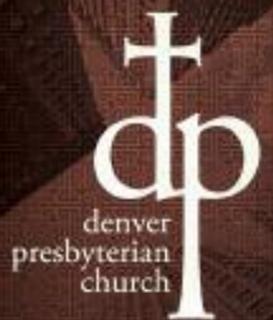
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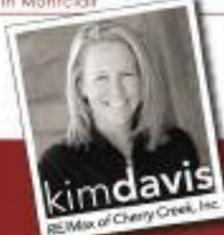


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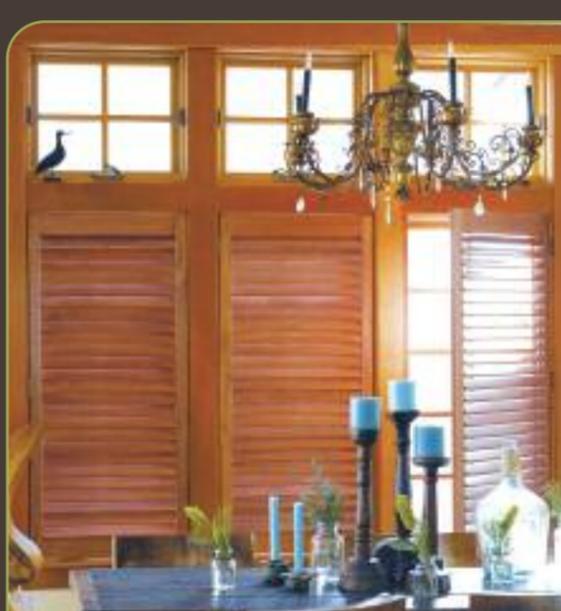
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New Stapleton Homes Continue Legacy of Energy Efficiency

By Jon Meredith

Since Stapleton's inception, master developer Forest City Inc. has required home builders to construct new homes with a high standard of energy efficiency, a feature that has attracted many residents to the area. The Environmental Protection Agency sets energy efficiency standards, and the new homes in Central Park West are being built to achieve the highest ratings.

Some builders have gone beyond the Forest City requirements as a tool to market their homes to buyers, many of whom are environmentally conscious and aware of ever-increasing energy bills. The new homes at Central Park West have the latest energy-saving technology available to home buyers; some of which is standard and almost all of which can be purchased.

Current homeowners may ask, "How does my home's efficiency rate against these new homes and what can I do in a cost-effective manner to save more energy?"

If you live in an older Stapleton home, the energy efficiency and energy cost of your home is not considerably different than the current basic new homes, according to Mike Carey, Stapleton Community Manager for New Town

Builders. "If you buy a new home, your energy bills will be less but not dramatically so in terms of dollars spent on heating and cooling." However, Carey also points out that energy costs are much higher in older homes and making them significantly more energy efficient has high costs and diminishing returns.

Energy Star Ratings for New Homes

All of the new homes constructed in Central Park West have to comply with the latest Energy Star rating (3.0) for new home construction. Energy Star ratings are an international standard of energy efficiency for consumer products. The energy star rating means a product is generally 20-30% more efficient than general government standards for that product. Energy Star is not a regulation with which companies must comply, but rather a method by which companies can uniformly measure the energy efficiency of their products. The Energy Star ratings are set by the US Environmental Protection Agency in conjunction with the Department of Energy. These ratings are used in countries around the world.

The new homes in Stapleton go well beyond the current Energy Star standards. Some builders will give buyers a home energy rating

(HERS) prior to closing. HERS involves an analysis of a home's construction plans for insulation and onsite blower tests to precisely determine the energy efficiency. These tests are done by a third party. Results of the tests, along with inputs derived from the plan review, are used to generate the HERS index score for the home. With this information the buyer should have a very good idea of the home's energy costs in the near future.

An Energy Star rated new home means the home complies with all the design and construction requirements of the EPA standards. These standards go well beyond Denver's building code. Energy star ratings require effective insulation systems, high-performance windows, tight construction and ducts, efficient heating and cooling equipment and Energy Star qualified lighting and appliances.

Other features made available by builders include:

- Solar panels—the number needed depends on the number of people living full time in the home;
- Pine beetle studs—These are slightly more expensive for the builder but fully comply with construction standards and offer a use for the trees killed by pine beetles
- Tankless hot water heaters—These are more expensive than regular water heaters but save energy and space.
- Heating and cooling units with separate zones—Temperatures can be set separately for different parts of the house to reduce energy usage in areas not being used.
- Wireless remote control—Thermostat, lights, security systems and other household appliances can be controlled remotely from wire-



John Mosher holds a display model of Standard Pacific's solar panels.

less devices such as smart phones, as well as computers.

Maintaining Energy Efficiency in Older Stapleton Homes

All homes in Stapleton are built to be energy efficient to the Energy Star rating at the time they were constructed, but maintaining home heating and cooling systems regularly is key. At a minimum changing air filters every three months is necessary and having a technician come in and check the system is recommended. The Energy Star website (www.EnergyStar.gov) includes a checklist of maintenance for homes.

Energy Efficiency in Older Denver Homes

While having charm and beauty, older homes are, by today's building standards, energy wasters. Brick homes, in particular, use a lot of energy since brick is not a good insulator. Sonny Crawmer, a retired well-known Denver architect (he designed Devil's Thumb ranch), lives in a Denver bungalow. He believes that besides the obvious, such as sealing windows and doors, adding additional insulation where possible, and upgrading appliances, "The best thing to do is purchase, program and use a programmable thermostat. Change the settings each season and certainly when you are planning on being away. That alone saves more energy costs than you would expect."

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Environmental Features Offered by Stapleton Builders

| | Energy Star Rating 3.0 | HERS Certificate | Tankless Hot Water | Pine Beetle Wood Framing | Wireless Controls | Solar |
|-------------------|------------------------|-------------------|--------------------|--------------------------|-------------------|-----------------------|
| KB Homes | Yes | Not on every home | Not Standard | No | No | Not Standard |
| David Weekley | Yes | Yes | Yes | No | No | Not Standard |
| New Town Builders | Yes | Yes | Yes | Yes | Yes | 3kw system Standard |
| Standard Pacific | Yes | No | Not Standard | No | No | 1.5kw system Standard |
| Parkwood | Yes | Yes | Yes | No | In-Home Standard | Not standard |
| Infinity | Yes | Blower Testing | Yes | No | No | Not Standard |
| Wonderland | Yes | No | No | No | No | Not Standard |

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Denver Zoo Named Greenest Zoo in United States

By John Babiak

Denver Zoo was bestowed the first Green Award at the annual conference of the Association of Zoos and Aquariums in Atlanta, GA, this past September. The zoo's many green initiatives edged out those at the Cincinnati Zoo and Seattle's Woodland Zoo. The award, established in 2011, recognizes green business operations that exist institution-wide in member zoos and aquariums that reduce environmental impact and directly contribute to the conservation of the natural world.

"I was thrilled to receive the award on behalf of the entire Denver Zoo family," said Jennifer Hale, Denver Zoo's sustainability coordinator who champions the zoo's department-by-department sustainability efforts and initiatives. "It's a reminder of how much we can accomplish together," she added.

Key to the zoo's success are staff and a workplace culture that embraces sustainability. A "Sustainable Management System" was cooperatively created and provides an institution-wide framework to identify, implement, measure, report and continually improve operations to reduce the zoo's environmental impact. As the first zoo in the country to receive certification of sustainability for all of its operations, Denver Zoo has also been recognized internationally for its sustainability practices. The sustainability certification (called ISO 14001) also commits the zoo to the highest environmental standards and requires regular independent outside audits to ensure consistent benchmarking and improvement.

Over the past 10 years, zoo staff have identified and implemented numerous projects and practices, including xeriscaping to reduce landscape watering schedules and the renovation of water filtration systems in the polar bear and sea lion exhibits. By 2010, the changes had reduced annual water usage by approximately 60 percent since 1999, generating a savings of 227 million gallons of water.

Denver Zoo is also working with its concessionaire and food distributors to find ways to provide Colorado-grown food to zoo guests as well as to the animals. "Supporting local farmers is an excellent fit for the zoo's sustainability initiatives," says Denver Zoo President and CEO Craig Piper. "Currently, we are analyzing every product we purchase at Denver Zoo and weighing these products based on their environmental impact and sustainable qualities. Utilizing locally grown food reduces our carbon footprint and supports our goals of protecting the environment, while providing excellent nutrition for our animals."

In early August, the zoo began receiving food for its animal residents from local farmers through a new partnership with Real Food Colorado, a Colorado-based food system development company that has created sustainable, independent, local agri-food systems that support "Farm to School" programs. Real Food Colorado identified solutions for local products that helped meet the zoo's high quality standards and food quantity needs. Animals including exotic birds, gorillas and orangutans have already benefitted by eating fresh foods like Colorado apples, melons, red and green lettuce, collard greens and cucumbers, all of which are delivered from a short distance within a day or two of their harvest. The zoo is looking for ways other animals can benefit and will likely use more flexibility in animal diets to allow for seasonal availability of certain produce.

The zoo is currently developing a novel waste-to-energy system in the expansive Asian Tropics exhibit that is scheduled to open in the spring of 2012. A biomass gasification system will be built on-site through recommendations made by a partnership forged between zoo engineering staff, the National Renewable Energy Lab and Colorado School of Mines. The system will ultimately convert 90 percent of the zoo's diverse



Above: Denver Zoo's Sustainability Coordinator Jennifer Hale explains the zoo's biomass gasification energy prototype system. A scaled-up version will generate both electricity and heat for the Asian Tropics habitat.



Above right: Hale shows the pelletized zoo waste materials that will fuel the Asian Tropics habitat biomass gasification system. The system will consume 90% of the zoo's human trash and animal waste stream.

Right: Bird keepers prepare fresh Colorado-grown fruit and vegetable meals for the zoo's birds and apes.



Photos by Adrian Dubaldo

stream of animal waste and human trash into usable combustible gas. The system will not only reduce the zoo's annual landfill contribution by 1.5 million tons, but will also generate electricity for motors and pumps in exhibit buildings and hot water to heat the elephant center and rhino/tapir holding facility, and provide radiant heat to the floors and walls of gibbon and leopard night quarters. Excess heat will be used to thaw snow and ice from sidewalks. Even ash, a bi-product of the gasification system, will be used to amend soils in flower beds throughout the zoo.

The zoo's ongoing green efforts also include providing RTD Eco Passes to employees to promote sound commuting options. It hosts public events to collect recyclable electronic products and conducts on-site and outreach programs about environmentally friendly acts that our community can perform to better our planet.

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The SUN Spot

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SUN Meetings are held on the 4th Monday of every month at 7:30pm in the Stapleton Community Room, 2823 Roslyn Street. For information about SUN, visit www.stapletonunitedneighbors.com. To contact SUN or confirm meeting time, email stapletonunitedneighbors@gmail.com

Since

Q. What is the status of the Eastbridge Town Center?

Forest City continues to talk to all potential grocers who may be interested in serving as anchor tenants. Most of those potential anchor tenants have mentioned they would like to see more development in the area before they would consider a commitment to the Town Center. In that regard, there have been several positive developments:

1. Forest City's contractor, CFC, has mobilized on-site to begin construction of the 118 market-rate Eastbridge Apartments on the SE corner of E. 29th Drive and Geneva Court across from the Town Center. The rental homes are scheduled to be completed in early fall 2012.
2. The owners of a new dental clinic hope to have their facility under construction on the triangular parcel bounded by Havana, Iola and E. 29th Drive adjacent to the existing car wash by the end of 2011.
3. Construction is progressing on the 92 units of the Bluff Lake Apartments affordable rental housing being developed by Mercy Housing Southwest across from the Knowledge Beginnings Early Childhood Learning Center north of the Eastbridge Town Center site. The rental homes are scheduled to open in spring 2012.
4. Forest City has planned the first phase of residential development (120 market-rate

Taking Proactive Steps on Diversity and Inclusion in Stapleton

By Ricki L. Kelly, SUN Board Member
The first SUN Board Inclusivity Committee meeting was held on October 4

from 7-8:30pm in the Parkside Community Room to determine whether there is interest in Stapleton to sustain work on diversity and inclusion. Approximately a dozen community members gathered for a brainstorming session that yielded great ideas and proactive steps, including:

- Utilizing the committee as a forum for community members to express inclusivity-related concerns
- Holding a forum on race
- Meeting with the police department to confront issues of prejudice and stereotypes
- Partnering with a children's theatre group to engage the community and its children in addressing issues of difference

Please join the conversation by attending the events described below and/or contacting Melissa K. Thompson, Inclusivity Committee chair, at melissakaythompson@msn.com.

Dec. 1—Denver Police Dept. Community Academy

The Denver Police Department (DPD) will hold a daylong Community Academy on Saturday, December 10 from 9am to 4pm. Its purpose is to improve police-community relations. The Com-

munity Academy brings together police, residents, business leaders, service providers and city officials to talk about

their concepts of community policing from historical and contemporary lenses. Topics will include police-community relations regarding critical incident interventions, services that involve issues related to disability, mental health, homelessness, reentry, employment, immigration, gentrification, as well as black-brown relationships. One of the organizers of DPD's Community Academy is Lisa Calderón, MLS, JD, director of the Community Reentry Project in Denver. She is well known as an antiracism trainer and educator, and for her activism for safer and healthier communities by addressing issues of race, gender and domestic violence.

The next planning meetings for the Community Academy are Monday, Nov. 7 from 9:30-11am and Tuesday, Nov. 29 from 9-10:30am at the District 2 police station on 3921 N. Holly St. The organizers are looking for people who live, work or attend school in NE Denver to help with planning, outreach, day-of logistical coordination, and/or to be part of a community panel.

For more information contact Lisa Calderon: 720-865-2329 or Lisa.Calderon@denvergov.org.

Inclusivity Meeting & Movie Tuesday, November 1, 7pm

Everyone is invited and welcome to attend the Nov. 1 inclusivity meeting, which will begin with a viewing of the highly regarded 50-minute documentary *Mirrors of Privilege*. The film will be followed by a discussion and working toward implementation of the ideas for projects generated in the first meeting. The sustainability of the committee depends on involvement from the community.

The Nov. 1 meeting will be at the Central Park Rec Center at 7pm. For more information email Melissa K. Thompson at melissakaythompson@msn.com.

Oct. 19 SUN Forum Highlights

By David Vogel,
SUN Transportation Committee Chair

The SUN community forum on October 19th brought Stapleton residents together with Forest City, the City of Denver, Stapleton MCA, Denver Police Department, and other political and community representatives. Topics for the evening covered a broad range of issues, but focused mostly on traffic and transportation concerns within Stapleton.

Denver Police officers explained that their efforts to enforce speed limits within Stapleton are challenging because of limited resources. They encouraged neighborhood residents to serve as good examples by abiding by speed limits themselves. Residents can also be trained on how to use radar guns to catch speeding, which would result in a warning letter be mailed to the speeder.

Most questions and concerns voiced by forum participants addressed traffic speeds and volumes on Central Park Boulevard and Martin Luther King Boulevard, and the resulting difficulties faced by pedestrians trying to cross both those streets. Of particular concern was the anticipated increase in traffic after Central Park Boulevard is connected to Northfield, I-70, and 270. The City expressed a willingness to collaborate with Stapleton residents to address those and other concerns about traffic within the neighborhood. It also noted that it is considering a plan to remove one lane of travel on Martin Luther King between Quebec and Central Park Boulevard and replace it with a bicycle lane and on-street parking to help calm traffic and accommodate bicyclists.

The SUN Transportation Committee plans to hold a follow-up meeting with residents to identify specific transportation problems throughout Stapleton and develop potential solutions to those problems. SUN will then coordinate a meeting between the City and Stapleton residents to present the results of that first meeting and to work toward implementing as many solutions as possible. As soon as plans are finalized, SUN will provide information about the date, time, and location for both meetings on www.stapletonunitedneighbors.org under Transportation.

Fee-Based Events in

By Jon Meredith

In May, the Denver City Council passed a policy allowing promoters to have ticketed events in Denver's public parks. However, the city held no commercial events in parks last summer and no permit applications were received by the city.

At the October 13 Parks and Recreation Advisory Board meeting, Interim Parks Manager Doty Erickson reported that the same commercial permit policies would remain in effect for the coming year. She followed with the caveat that if there is no significant interest this coming year, the Parks Department will undertake a study to find out why promoters are not taking advantage of the new policy. Is the cost of a permit or the 15 percent surcharge on tickets too high? Are the requirements for security and cleanup too costly for businesses to take the risk of putting on an event?

Opponents of the policy were able to address the advisory committee prior to the regularly scheduled meeting. The groups, Save

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homes) for the western end of Filing 16, the parcel of land lying to the east of Iola and north of the future extension of 26th Ave. Denver International Airport (current owners of the land) has told Forest City that it will have access to that parcel at the end of this year or early 2012. According to that schedule, homes could be under construction by summer 2012.

5. New Town Builders has completed five of the six mixed-income Central Park row home buildings on the south side of E. 29th Drive and is beginning work on the sixth and final building at that location. The six units together have 28 living units.

6. Forest City and Stapleton's Park Creek Metro District worked successfully with the City and County of Denver to place the extension of MLK Blvd. on the City's priority list for federal funding under the federal Transportation Investments Generating Economic Recovery (TIGER) funding. The funding would enable MLK to be extended to the east to connect with the Fitzsimons Parkway on the CU Anschutz Medical Campus and the Colorado Science + Technology Park. Forest City believes the completion of MLK to Fitzsimons Parkway will make the Eastbridge Town Center site a more attractive location for retail development.

Answer provided by Tom Gleason, vice president PR, Forest City.

Would it be possible for the Front Porch to provide some guidance regarding which entity to contact for various maintenance issues? Specifically I am talking about crushed curbs, settled and cracked streets and dangerous sidewalks, graffiti, lightpole damage/outages, drainage issues, etc.

The Stapleton Master Community Association (MCA) is responsible for the operation, maintenance, programming and improvements of identified public property located within the Stapleton community including: community pools, town greens, neighborhood parks, pedestrian paths and lighting, and all parkway landscaping. In addition, the MCA is responsible for the repair and replacement of alley surfaces. However, daily snow removal is the responsibility of the adjacent property owner. Street trees are the responsibility of the adjacent property owner. The city will prune trees only when they feel they are interfering with signage. Property owners must provide all the structural pruning.

The MCA is NOT responsible for streets, street lights, regional parks or the City Rec center. These issues should be directed to 311.

Response provided by Keven Burnett, executive director Stapleton MCA.

Denver Parks To Be Allowed for Another Year

City Park and Parks Are for People, had two representatives speak in opposition to the policy for the public record. Both groups believe the policy is a violation of the city charter. Furthermore, they said they had been hoping that Michael Hancock would reverse the policy when he came into office last summer. Since taking office, Mayor Hancock has not made his intentions public regarding this policy, although he supported the policy when he was a councilman. During his campaign for mayor, he stated he had an "open mind" about whether it should be reversed.

The policy states that commercial operators can apply for a permit to hold events at one of eight city parks. Central and City parks are among those where up to five acres of the park can be fenced off for up to

four days a month, playing host to only ticketed customers for almost any type of event. The events would have to be fenced off, bathroom facilities rented, stages and booths constructed, security and fire protection made available, and a bond put up to ensure the park is restored to its previous condition.

A leading Denver promoter, Dana Cain, who heads large events such as the county fair and the chocolate festival, said in a telephone conversation, "The restrictions like limiting the number of attendees and the cost of fencing will make any event way too risky for me or any other entrepreneur. If the city eases the permit process, I can envision promoters taking advantage of this opportunity."

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By the 15th of the month email classified ad to KarissaMcGlynn@gmail.com. The Front Porch will email a confirmation and instructions for credit card payment. Ads must be paid by the 17th to run in the upcoming issue.

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LETTERS TO THE EDITOR

The Front Porch will publish letters to the editor as space allows—they may be edited for length. Please email Carol Roberts, Editor, at FrontPorchStapleton@gmail.com. Submit by the 15th for consideration in the following month's issue.

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New I-70 Interchange

(continued from page 1) The Denver Brass Band played as the attendees were arriving. Mayor Hancock was the opening speaker, stating, "The interchange not only provides better access to Stapleton, but it will also become the gateway to Denver from the east." He went on to point out that several of the workers on the project had been homeless prior to getting jobs working on the bridge. Federal Highway Administrator Victor Mendez noted, "The jobs this

project created helped put people to work and bolstered Denver's economy."

Stapleton's registered neighborhood association, Stapleton United Neighbors, has heard some Stapleton residents voice apprehension regarding a major north-south arterial in their neighborhood. David Vogel, SUN Transportation Committee chair, says, "Residents in Central Park north are concerned about the vast increase in traffic and the speeds at which cars can travel on a four-lane thoroughfare." He added that residents had suggested narrowing Central

Park Blvd. but the city rejected that suggestion. However, the city has agreed to help identify problems and implement solutions. Vogel says residents who bought in Central Park North were under the impression that the next Stapleton school would be in East-bridge. Now that the new Swigert-McAuliffe school has been built at

35th and Syracuse, residents have to cross a major thoroughfare to get their children to school, making walking or bicycling to school a safety concern.

The new I-70 interchange was funded with \$30 million in Better Denver Bond funds, \$12 million in American Recovery Act funds and \$8 million in Federal Highway funds. The bridge is designed to accommodate pedestrians and bicycles with 12-foot sidewalks on both sides of the bridge that are separated from the traffic by barricades. Steve Coggins, the project manager, stated, "The interchange is the first design/build

project ever done by the city. The project came in under budget and well ahead of schedule."

Northfield shopkeepers hope the new exit off of I-70 will bring much more traffic to their stores. Many businesses have gone under and many that are there were holding on until the exit opened. Paul Bestafka, owner of Jim 'N Nick's Bar-B-Q in Northfield said, "I have taken hundreds of phone calls from potential customers who went elsewhere when they couldn't find Northfield. This exit will make it easy for people to find us."



The Denver Brass Band played as guests arrived and during the reception following the ribbon cutting ceremony.

Photo by Adrian Dubaldo

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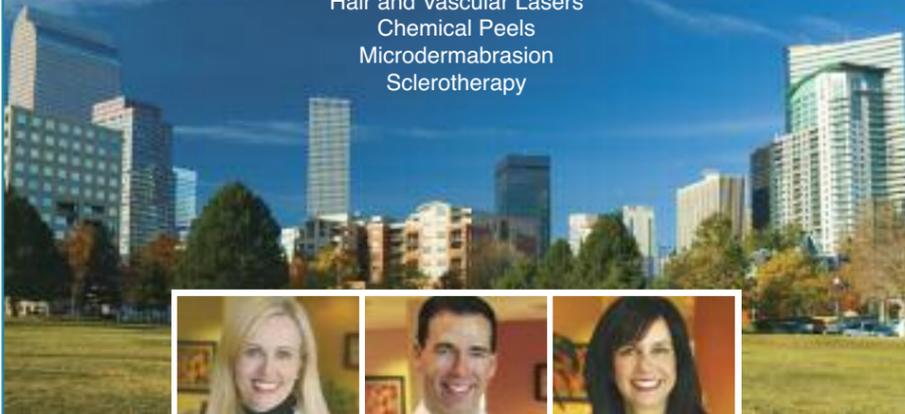
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Freedom Riders Traveling Exhibit

(continued from page 1)

From November 2–28, the Blair-Caldwell African American Research Library will host “Freedom Riders, a traveling exhibition of powerful photography and news coverage telling the unsettling story of the Riders, the Kennedy administration’s initial reluctance to get involved, and how the world viewed this American reality. Visitors will be able to use their cell phones to access 54 powerful first-hand audio accounts of this dangerous experiment in the fight for civil rights. The exhibit is a companion to PBS’s American Experience episode “Freedom Riders” telecast in May 2011.

The photo of the burning bus shown here could be from a recent terrorist attack somewhere in the world. It was taken May 14, 1961, and is part of the exhibition.

Terry Nelson, Blair-Caldwell senior special collections and community resource manager, says, “This memorable photograph was taken after attacks on the Freedom Riders’ bus in Anniston, Alabama. You see people sitting here dazed; the bus all burned. You wonder why the photographer would capture something like this. The point was to introduce the media into this protest and let the U.S. and world know all was not as the information they’d been given about our treatment of minorities. It was an effort to inform the public and embarrass the U.S. into doing a better job of caring for its minorities.” The Alabama governor was telling people: Don’t believe this; they’re a small group of dissidents. “But the



In Anniston, Alabama, the Freedom Riders’ bus was attacked by Klansmen, who blocked the doors and threw a bomb inside.

standing there.” He stumbled and grabbed the patrolman, who pulled his gun. Thomas remembers thinking, “Oh, my God...I’ve done it now. You don’t touch a white man in the South and you certainly don’t touch a white police officer.” But the trooper fired into the air and told the crowd, “You’ve had your fun, just move back.”

The Freedom Riders got to a hospital for treatment and narrowly missed a mob that came

after them there. They took a Trailways bus to Birmingham and found another white-supremacist mob. Police there agreed not to intervene for 15 minutes and riders and reporters were severely beaten in that time. The Riders then found shelter in a church and voted to continue, but no bus dared to take them. The group petitioned the Justice Department for their right to travel and Attorney General Robert Kennedy responded by having them flown to New Orleans, their final destination, despite bomb threats at the airport.*

Freedom Riders is a compelling free exhibit and additional events, screenings and workshops will also be offered at Blair Caldwell Library. Visit aarl.denverlibrary.org and click on Freedom Riders Exhibition and Events. These events include an all-day educator workshop, movies followed by audience discussion, and panel discussions throughout November. The library is located at 2401 Welton St. Call 303.865.2411 or email elally@denverlibrary.org for additional information.

By 1960, the Supreme Court ruled racial segregation in interstate commerce was illegal. To challenge Southern non-compliance, Freedom Riders, recruited by CORE (Congress of Racial Equality), performed a simple act. They traveled into the South in small interracial groups and sat where they pleased on interstate buses.

This Greyhound bus was traveling to New Orleans. In Anniston, Klansmen slashed the tires. As the bus left the terminal, a 50-car caravan followed. When the bus driver exited to check the tires, the mob surrounded the bus. Freedom Rider Hank Thomas said the bus was rocking and a bomb was thrown in. He says he was thinking, “Do I go outside and this mob is going to kill me...or do I stay here and burn on the bus.” Klansmen blocked the door. When someone yelled it would explode, the Klansmen ran. The Riders fled the bus, only to be beaten outside. Thomas, struck by baseball bats, saw a highway patrolman “just

after them there. They took a Trailways bus to Birmingham and found another white-supremacist mob. Police there agreed not to intervene for 15 minutes and riders and reporters were severely beaten in that time. The Riders then found shelter in a church and voted to continue, but no bus dared to take them. The group petitioned the Justice Department for their right to travel and Attorney General Robert Kennedy responded by having them flown to New Orleans, their final destination, despite bomb threats at the airport.*

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*Source: Gilder Lehrman Institute of American History, exhibition co-creator with PBS.



Photo shows the traveling Freedom Riders exhibit, sponsored by NPR, when it was in San Francisco

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| 13 Brunch-Open at 9am with our famous Bacon Vodka Bloodyes and Bottomless Mimosas Broncos @ Chiefs | 14 \$8.50 lunch special - Meatball Sub MNF - HALF PRICE WINGS!!! (During the game only) | 8 Ladies night w/\$3 glasses of house wine, \$3 Cosmos Live music @ 9pm - Kenny Lee Young | 9 \$8.50 lunch special - Chicken Salad Lettuce Wraps Half-priced bottle of wine night, choose from our entire list! | 10 \$8.50 lunch special - Meatball Sub Tuaca Thursdays - \$3 Tuaca drinks! | 11 TGIF! Happy hour specials - \$2 PBR's, \$3 well drinks, \$4 glasses of house wine, \$1.50 off ALL other drafts 4-7 & 9-close | 12 Brunch-Open at 9am with our famous Bacon Vodka Bloodyes and Bottomless Mimosas |
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| 27 Brunch-Open at 9am with our famous Bacon Vodka Bloodyes and Bottomless Mimosas Broncos @ Chargers | 28 \$8.50 lunch special - Pulled Pork Melt MNF - HALF PRICE WINGS!!! (During the game only) | 22 Ladies night w/\$3 glasses of house wine, \$3 Cosmos Live music @ 9pm - James Fry | 23 \$8.50 lunch special - Chicken Apple Brie Sandwich Half-priced bottle of wine night, choose from our entire list! | 24 CLOSED - HAPPY THANKSGIVING!!!! | 25 TGIF! Happy hour specials - \$2 PBR's, \$3 well drinks, \$4 glasses of house wine, \$1.50 off ALL other drafts 4-7 & 9-close | 26 Brunch-Open at 9am with our famous Bacon Vodka Bloodyes and Bottomless Mimosas |
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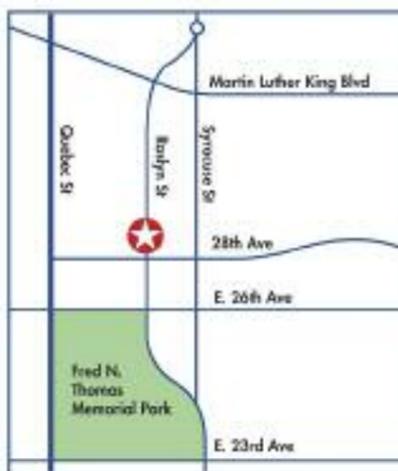
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Check with your doctor for some simple tests if you exhibit one or more of the following signs:

- Excessive hunger or thirst
- Urinating frequently all day, and then two to three times every night during sleeping hours
- Constantly feeling tired and sleepy
- Blurred vision
- Excessive sweating, dizziness or shakiness
- Muscle and joint pain

Most likely you will not have all of these symptoms. **Every person is different** and all conditions will affect each individual uniquely. However, if you are routinely exhibiting two to three signs from this list, it is time to see your doctor.

What can I do if I have diabetes?

There is no cure for diabetes. However, there are many ways to keep diabetes under control. First and foremost, get informed. There are many things you can do to help yourself.

Consult your physician for more information including a referral to a diabetes educator and/or a dietician. Medication is only one possible aspect of your care. Maintaining a healthy weight, through diet and regular exercise will help you control your diabetes and stay well.

If you would like to make an appointment with Dr. Artist, please contact the Stapleton Family & Occupational Medicine office.

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